



Healthy Christmas muffins

20'
Hands on

22'
Cook Time

8
Portion(s)

1
Difficulty



Ingredients

- 175 g all-purpose flour
- 50 g coconut sugar
- 1 teaspoon(s) baking powder
- 1 pinch salt
- 1 teaspoon(s) cinnamon
- 1 pinch nutmeg
- 1 pinch cloves
- 2 bananas, ripe
- 2 eggs, medium
- 120 g maple syrup
- 120 g almond milk
- 20 g coconut oil
- orange zest, of 2 oranges
- 40 g walnuts, crushed

To serve

- 30 g honey

Method

- Preheat the oven to 170° C (340° F) set to fan.
- Line 8 **muffin cups** with 12x12 cm parchment paper pieces and set aside until needed.
- In a **bowl** add the flour, coconut sugar, baking powder, salt, cinnamon, nutmeg, cloves, and mix with a spoon.
- Add the bananas into another bowl and mash them with a fork until pureed.
- Add the eggs, maple syrup, almond milk, coconut oil, orange zest, and whisk until the ingredients are homogenized.
- Add the flour mixture into the bowl and mix with a spoon until the ingredients are homogenized.
- Divide the mixture among the muffin cups and scatter the crushed walnuts on top.
- Bake in the oven for 20-22 minutes.
- Remove the muffins from the oven and set them aside to cool.
- Drizzle with the honey and serve.

Διατροφικός πίνακας

Nutrition information per portion

243 Calories (kcal)	7.6 Total Fat (g)	3.0 Saturated Fat (g)	37.0 Total Carbs (g)
12%	11%	15%	14%
19.0 Sugars (g)	5.7 Protein (g)	1.4 Fibre (g)	0.29 Sodium (g)
21%	11%	6%	5%