

KINDY SEEDY NUTTY BERRY MUFFINS - makes approx 24

3 T ground linseed mixed with 7 tablespoons of cold water

2 ½ cups Gluten free flour

1 cup LSA

¾ cup brown sugar

2 ½ tsp baking powder

2 tsp cinnamon

½ tsp salt

1 cup almond milk

½ cup sunflower oil

2 apples grated

2 very ripe banana mashed

1 ½ T apple cider vinegar

2 tsp vanilla extract

1 tsp baking soda

1 cup blueberries (defrost slightly if frozen)

Preheat oven 180 deg.

Place flour, LSA, brown sugar, baking powder, cinnamon, salt into large bowl and whisk to mix together.

Put almond milk, sunflower oil, grated apples, mashed banana, apple cider vinegar, vanilla into a bowl and mix, then add soaked linseed/water and stir. Lastly add baking soda and stir.

Add bowl of wet ingredients to dry, then add blueberries and mix lightly to combine.

Spoon into paper cases, bake for approx 25-30 minutes.