



## GAPS Friendly Chocolate Muffins

I use all organic ingredients but this is up to you. You can make either muffins or cook in a loaf tin (approx. 20cm x 10cm). This recipe, once cooked can be frozen and used as snacks throughout the week.

### *Ingredients:*

200 grams Almond Meal

20 grams Linseeds

20 grams Chia seeds

30 grams Raw Cacao Powder

1 teaspoon BiCarb Soda

2 eggs

100 grams pureed beetroot or pumpkin (this is optional but both adds moisture and a veggie)

30 grams of either ghee, cold pressed nut oil or coconut oil

100grams yogurt

80 grams raw honey

### *Thermomix or Food Processor Method:*

Place the almond meal, Linseeds and Chia Seeds in the Thermomix or Food Processor and blitz together. (Thermomix, 5 seconds, speed 5).

Add in the Cacao Powder and BiCarb Soda and blitz again, (Thermomix, 3 seconds, speed 5).

Add in the eggs, pureed veg, fat of choice, yogurt and honey and blitz until well mixed into a batter. (Thermomix, 10 seconds, speed 6)

### *Muffins:*

Pour into individual muffins (should make around 10-12 depending on the size of the muffin pans). Place in a preheated, 180°C oven and bake for 25 minutes or until the skewer comes out clean.

### *Loaf Tin:*

Pour into a loaf tin lined with baking paper to prevent sticking. Place in a preheated, 180°C oven and bake for 40 minutes or until the skewer comes out clean.

Allow to cool for 10 minutes in the tin / muffin trays before taking out and placing on a cooling rack.