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Fresh lunchbox ideas

STRAWBERRY AND WHITE CHOCOLATE MUFFINS RECIPE



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STRAWBERRY AND WHITE CHOCOLATE MUFFINS

GLUTEN-FRIENDLY, TWO WAYS

MUFFINS

150g wheat free plain flour
120g almond meal
2 tsp baking powder
½ tsp bicarb soda
125g organic raw sugar
2 free range eggs
250mL milk of choice
125g butter, melted
1 tsp vanilla extract
160g Lindt white chocolate, roughly chopped

FIRST WAY

150g dried strawberries, roughly chopped

SECOND WAY

80g dried mango cheeks, diced
100g tinned pineapple pieces, chopped and squeezed of excess liquid
50g organic fine coconut

METHOD

Preheat oven to 180°C (160°C fan forced) and prepare muffin pans. For kids' lunchboxes, use a 24 cup mini muffin pan or for larger treats, use a 12 cup regular muffin pan. Alternatively, make half of each size to suit the whole family.

Sift the flour, baking powder and bicarb soda into a large bowl. Add the almond meal and raw sugar then stir together.

In a separate bowl, lightly beat the eggs and then add the melted butter, milk and vanilla. Pour the liquid ingredients into the flour mixture and stir until just combined. Gently fold through the strawberries and white chocolate, taking care not to over mix.

At this stage, the batter can be spooned into the muffin tins, filling two-thirds to the top.

If you would like to make the muffins two ways, fill half the pans using half the prepared batter and then add the mango, pineapple and coconut to the rest and fill the remaining pans.

Place pans in the oven. Bake mini muffins for 8-10 minutes and large muffins for 20-25 minutes, until golden and cooked through.

Allow to rest in pans for 5 minutes then transfer to a wire rack to cool completely. Store in an airtight container for up to five days or freeze for up to three months.

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