



Quinoa, coconut and berry muffins

(For breakfast or a healthy snack)

I get it! Sometimes you really are in a rush. But instead of going without or grabbing one of those “commercial” muffins, grab one of these delicious beauties from the freezer. They’re gluten free, the quinoa gives you a good boost of protein, the coconut boosts your fibre intake and the berries are full of anti-oxidants. As always, this recipe is quick, healthy and of course tasty.

Ingredients

- 4 eggs
- 3 tspns baking powder
- 1tsp vanilla paste
- 1/2 cup honey
- ¾ - 1 cup coconut water
- 200g shredded coconut
- 325g quinoa flour
- 230g frozen berries (such as blueberries, raspberries or combination). Keep 12 aside to top the muffins
- 12 pieces of baking paper (big enough for small muffins)



Method

In a medium bowl add the eggs, baking powder, vanilla paste, honey and coconut water. Using beaters, mix until well combined.

Put the coconut and flour in a large bowl and add the wet ingredients. Combine well. Add the berries and stir through.

Spoon the mixture into a muffin tray (lined with baking paper) and top each muffin with a berry. Bake in a fan-forced oven at 175 degree Celsius for 25 minutes.

Makes 12 small but filling muffins

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