

## BANANA, MACADAMIA AND CHOCOLATE MUFFINS.

I always use this muffin recipe with some slight alterations, from one of my favourite books "Wholefood" by Jude Blereau, as it always produces a nice moist muffin that's delicious. They make a great breakfast treat or snack and are a great way to practice using alternative flours in baking. They also freeze really well and quickly heated up in the oven are just delicious.

Spelt is an ancient relative of wheat and can easily replace wheat in baking as it behaves much the same, but has a much lower gluten content. Many people who have allergies to wheat find that they can tolerate spelt. Rapadura sugar is an evaporated cane sugar which is washed and not bleached and still contains some molasses content making it a more wholesome sugar alternative.

Always use organic ingredients where possible.

### Ingredients

- 125g unbleached plain flour (I use Kialla as it has increased bran)
- 150g whole meal spelt flour
- 2 1/2 teaspoons baking powder (I use salt skip as its aluminium free)
- 110g rapadura sugar
- 2 medium sized bananas mashed
- 50g toasted macadamia nuts roughly chopped
- 30g 70% cocoa dark chocolate roughly chopped (I use Green & Blacks as it is organic and fair trade)
- 1tsp vanilla extract
- 80g melted butter
- 190 - 220 ml of whole milk or soy

### Topping

- 2tbs desiccated coconut
- 1tsp cinnamon
- 2tbs brown sugar



### Method

Preheat oven to 180 degrees. Lightly grease a 10 hole muffin tin or line with muffin cases. Put the flours, baking powder and sugar into a bowl and mix well. Add the bananas, macadamias and chocolate and gently stir through. Add melted butter, vanilla, and 190ml milk, add extra milk if you need to. Let the mixture absorb the liquid for a few minutes then add more milk if needed.

You want a slightly wetter batter that is free flowing as appose to a clumpy traditional batter, but not runny.

Meanwhile combine all toping ingredients together. Spoon batter into prepared muffin tin and sprinkle the topping on top. Bake for 30 - 40 minutes or until nice and golden. Cool in tin for 5 minutes then move to a wire rack to cool and ENJOY!!