



# APPLE CINNAMON & BANANA SPELT MUFFINS

*A healthy recipe by THE HEALTH BOOST*

## INGREDIENTS

- DRY 2
- 50g spelt flour
- 180g coconut sugar
- 1/2 teaspoon baking powder
- 1 teaspoon bicarbonate of soda
- 1 teaspoon ground cinnamon

### WET

- 1 large apple, peeled and cut into small cubes
- 3 ripe bananas, peeled
- 4 tablespoon coconut milk (tin or carton)
- 3 tablespoons coconut oil melted

## PREP TIME

- Prep | 30min
- Cook | 30min
- Ready in | 1hr

## METHOD

- Preheat oven to 180°C.
- Prepare a 12 hole muffin tin and line with muffin cases.
- Mix all dry ingredients together in a large bowl.
- In a separate bowl, mash the bananas until smooth.
- Add coconut milk and coconut oil to bananas and stir.
- Combine wet and dry ingredients and mix well.
- Add and fold in the apple cubes.
- Pour the mixture into your muffin cases.
- Slide muffin tray into the oven and bake for about 25 minutes, until muffins are golden and a skewer inserted in the centre comes out clean.
- Cool in the tray for about 10 mins.
- Enjoy warm out of the tin.

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