

Apple, carrot & cardamom muffins



200g self raising flour (use gluten free if preferred)
8 green cardamom pods, ground
a pinch of sea salt
25g vanilla flavour whey or rice protein powder (optional)
a pinch of baking powder
zest of 1 lemon, finely grated
5 eggs
2 tbsps olive oil
40g honey (or use liquid sweetener of your choice)
juice of 1 lemon
70g carrot, finely grated
200g cooking apple, peeled and cored and cut into slices
for the topping:
2 tps chia seeds

Preheat the oven to 180°C/350°F. Line 12 muffin tray compartments with muffin cases.

Combine the dry ingredients in a bowl.

Combine the wet ingredients in a separate bowl, except for the carrot and apple.

Add the dry ingredients to the wet mixture and stir in the carrot and apple.

Divide the batter between the muffin cases. Sprinkle the chia seeds over the muffins.

Bake for 20–30 minutes until cooked thoroughly. Allow to cool for 5–10 minutes before serving.

Store any leftover muffins in an airtight container for up to 4 days.

MAKES 12 MUFFINS



PER MUFFIN:
145 Calories
19g Carbs
6g Protein
5g Fat

