

RECIPE OF THE WEEK – Peach & Ginger Muffins

Makes 12

Ingredients

2C spelt flour

1t baking powder

1.5t ground ginger

1t ground cinnamon

250g peaches, chopped

1t vanilla extract

1C yoghurt

½C melted coconut oil

1/2C maple syrup

2 eggs

1/3C coconut sugar

1/3C spelt flour

1t ground cinnamon

60g chopped unsalted butter

Method

1. Preheat oven 180C. Line muffin tin.
2. Sift flour, baking powder, ginger and 1t cinnamon into a medium bowl.
3. Whisk together eggs, maple syrup, vanilla, coconut oil and yoghurt.
4. Pour wet ingredients into dry ingredients and mix with a fork.
5. Spoon mix into cases.
6. Mix together the last 4 ingredients. Rubbing the butter into the dry mix, until resembles breadcrumbs. Sprinkle on muffin batter.
7. Bake for 30 mins.