



Berry & Hemp Muffins

Heat oven to 180°C fan forced or 200°C regular

Ingredients

200g flour - I like to make my own flour by using a mixture of a couple of these grains: oats, millet, buckwheat, spelt

80g hemp seeds

1 teaspoon baking powder

2 eggs, or if vegan 2 tablespoons psyllium husks*

125g olive oil

100g honey or maple syrup or 80g sugar

150ml water

1 teaspoon vanilla extract (optional)

2 teaspoons ground cinnamon

1 cup blueberries or blackcurrants - fresh or frozen, or other chopped fruit depending on the season such as peaches, nectarines, pears, apple

How To Make

Grease up a muffin tray or use some paper muffin cases.

In a blender grind up the grains to a flour consistency.

Mix this flour with the baking powder, hemp seeds.

In a separate bowl, thoroughly mix the egg (or psyllium husk), honey/syrup/sugar, oil, vanilla and water together.

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Pour this egg mixture into the flour mixture and stir to just combine. Don't over mix it.

Then tip in the berries and carefully fold them into the mixture.

Fill the muffin cases and bake in the oven for 15-20 minutes or until cooked through.

Cool before eating.

The muffins freeze well too, so perhaps make extra.

*If using psyllium husk, allow the mixture to rest for 30 minutes before baking.

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