

Meal in a Muffin (just a little bit naughty)!

I used to work in the busiest 'Healthy Life' store in Australia, and 'Jane' the partner of one of our Naturopath's, would often send these in to work with him - we were always so excited because Ben would share them with us - and they are so totally delicious.... you can feel them nourishing your every cell! (kids love them too, and they pack a pretty good nutritional punch without compromise on taste!)

PREPARE WITH LOVE:

1 cup olive oil
1/2 cup black/raw sugar
3 eggs

Mix the above ingredients together and then add:

1 tsp bicarb soda
3 tbs (big ones) cinnamon
8 ground cardamom pods
1 1/2 cups of wholemeal self-raising flour
2 cups carrot



Now you can add anything you like...Jane would add:

1/2 cup pumpkin seeds
1/2 cup sunflower seeds
1/2 cup almonds
1/2 cup sesame seeds
1/4 cup poppy seeds
2 bananas
1-2 cups sultanas

You may need to add water to the mixture if it becomes too dry - it won't change the recipe so you can put in as much as you like!

Put in muffin patty pans or straight into a muffin tray and cook at 180 degrees for approx 20-30 mins.

TOPPING (OPTIONAL.....very delicious)

1 block of philly cream cheese, softened in the oven so it is quite warm. Add honey or sugar to taste, and the juice of 1-2 lemons and some grated rind. A sprinkle of cinnamon can also be nice on top!

ENJOY!



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