

DATE MUFFINS W MACADAMIA CRUMB

INGREDIENTS

- 1 cup dates (soaked in warm water for 1 hour, then drain well)
- 3 tbsp coconut oil / olive oil / grassfed butter
- 4 free range eggs + 1/2 cup water
- 1 tsp Bunda Ginga ginger powder + pinch pink salt
- 1.5 tsp organic cinnamon powder + 1/2 tsp organic nutmeg powder
- 1/4 cup coconut flour + 1/4 cup Springhaven Meadows banana flour
- 2 medium ripe Springhaven Meadow banana (200 g)
- 1 tsp bicarb + 1 tsp creme tartar

Spiced Macadamia Crumb

1 cup roasted (and cooled) Macadamias Australia raw macadamias + 1/4 tsp Bunda Ginga ginger powder + 1/4 tsp pink salt + 1 tbsp coconut sugar - blend together briefly in a food processor till a rough, crumbly texture

METHOD

- Pre-heat oven to 160 degrees, line muffin/cupcake trays with papers
- Drain dates well, add to blender with coconut flour & process until dates are well broken down
- Add banana, spices, bicarb, creme of tartar & salt & combine well
- Add water, oil and eggs and blend until well combined
- Add arrowroot/banana flour & blend gently until just combined
- Ensure mixture is even consistency and well combined
- Pour into muffin/cupcake tray and 3/4 fill each muffin paper
- Bake for 20 minutes or until a cake tester comes out clean
- Allow to cool in tray for 10 mins, remove from tray & complete cooling on a cooling rack.
- Store in the fridge but enjoy at ROOM TEMPERATURE
- Top with a dollop of jam or cream and sprinkle with **Spiced Macadamia Crumb**