



Wattleseed and Orange Muffins

Ingredients

2 cups flour
2 tsp baking powder
1 tsp baking soda
¼ tsp salt
5 grams ground, roasted wattleseed
1 ½ apples
½ cup caster sugar
½ cup soy milk
½ cup orange juice
zest of one orange
1 tsp vanilla extract



What to do:

- 1) Preheat oven to 200C
- 2) Grease mini muffin pans by brushing with a little oil
- 3) Peel apple and chop into small pieces. Add to the stick blender jug with 2 Tbs water. Blend until smooth. Transfer to a small bowl
- 4) Measure flour, baking powder, baking soda, salt and wattleseed into a large mixing bowl and whisk to combine
- 5) In a measuring jug add sugar, soy milk, orange juice, orange rind and vanilla extract. Add the apple puree. Whisk until smooth and well combined
- 6) Add wet ingredients to dry ingredients, and whisk together until combined
- 7) Spoon mixture into muffin pans until 3/4 full, then bake for 12-15 minutes or until golden and firm to touch
- 8) Serve and enjoy