

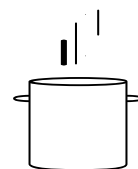


Coconut and Blueberry Muffins

A wonderful high fibre, low sugar treat combining sweet blueberries with light fragrant coconut. The addition of the coconut butter keeps these muffins beautifully moist and light in texture. All berries are packed full of antioxidants particularly anthocyanins as well as vitamin C to keep the immune system healthy and blueberries like cranberries contain natural anti-bacterial properties that can help prevent and treat urinary tract infections such as cystitis. Including ground flaxseeds not only increases the fibre content but are an excellent source of omega 3 and 6 fatty acids, vital for a healthy heart, skin and hair.



15



20



6

Ingredients

110g / 3 ½ (4tbsp) The Groovy Food Company Organic Virgin Coconut Oil

50g / 1 ½ oz xylitol or caster sugar

2tbsp The Groovy Food Company Agave Nectar Light Amber and Mild

2 eggs, beaten

90g / 3oz plain flour

2tbsp ground flaxseed

2tbsp desiccated coconut

2tsp baking powder

Directions

1. Beat together the coconut oil and sugar then slowly add the eggs and agave nectar and beat well.
2. Add the flour, flaxseed, coconut and baking powder.
3. Spoon a little of the mixture into greased muffin tins to just over half full. Then drop in 5-6 blueberries. Sprinkle a little desiccated coconut on the top.
4. Bake in an oven set at 200°C, Gas mark 6 for 20 minutes, or until golden on top.
5. Cool on a wire rack.

90g / 3oz fresh or frozen blueberries

Additional desiccated coconut for topping