

Apple, Banana, Carrot & Chia Seed Muffins



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This recipe is based on one I first discovered in a nutrition article written in Runner's World Magazine and contributed by chef Kat Judge. Not only are they delicious they are also packed with goodness. Team it with a cup of Stir Tea and you have a healthy and nutritious snack for breakfast on the run or post workout.

The recipe is very forgiving, and you can freeze the baked muffins to enjoy later. We have experimented with several different flour combinations and they all work (they just result in a denser texture).

This recipe makes 12 regular (6 large) size muffins.



Ingredients:

- 100 grams of carrot, finely grated
- 75 grams of apples, coarsely grated
- 1 ripened banana, mashed
- 1 teaspoon of mixed spice
- ¼ teaspoon of salt
- 1 orange finely zested
- 3 tablespoons of chia seeds
- 50 mls of maple syrup
- 100 mls of mild olive oil
- 2 eggs
- 50 grams of buckwheat flour
- 70 grams wholemeal flour
- 1.50 teaspoon baking powder
- ½ teaspoon of bicarbonate of soda
- 1 tablespoon of rolled oats
- 1 cup of nutty muesli for scattering on top of the muffins

Method:

1. Preheat oven to 180 degrees Celsius
2. Line a 12 hole muffin tin
3. In a large bowl, mix the grated carrot and apple, mashed banana, mixed spice, orange zest, chia seeds, maple syrup, ¼ teaspoon of salt, oil and eggs until combined.
4. Set aside for 5 minutes, or until the chia seeds have expanded a little. Meanwhile, sift the flour, baking powder and bicarbonate of soda into a separate bowl and add the rolled oats.

5. Stir the carrot mixture into the dry ingredients to form a batter. Divide evenly between the muffin cases and then scatter over the muesli (lightly press down into the mixture)
6. Bake for 15-20 minutes, or until risen and springy to touch.
7. Remove from the oven and leave to sit for 5 minutes, before arranging on a wire rack to cool completely.

We hope you get a lot of joy from making and sharing these Apple, Banana, Carrot & Chia Seed Muffins with your favourite cup of Stir Tea. Wishing you Happy Tea Times from everyone at Stir.