

Gluten free Berry Muffins



**ASIAGO
FOOD**

ingredients

250g frozen fruit
200g shredded coconuts
200ml milk
120g almond flour
100g light brown sugar
80g gluten-free rolled oats

4 large eggs
2 tsp baking powder
1.5 tsp vanilla essence
Zest from one lime
Pinch of salt

method

1. Preheat the oven to 180°C.
2. Toast the shredded coconut in a large skillet. Stir until golden brown.
3. In a bowl, mix together the dry ingredients.
4. In another bowl, mix together wet ingredients and mix with the dry mixture.
5. Fold in the berries
6. Fill a silicone muffin tray with the batter
7. Bake around golden brown, which should take around 20-25 minutes.



Created by

