

## BUTTERNUT SQUASH & ORANGE MUFFIN

MAKES 24 MINI/ PREPARE 20 MINS / COOK 15 MINS

### Ingredients

75g	Rice flour	200g	Raw pumpkin or butternut squash finely grated
55g	Almond flour		
¼ tsp	Baking power		
¼ tsp	Bicarbonate of soda	2tbsp	Raw Cacao (Optional)
Pinch	Salt		
2 tsp	Ground cinnamon		
110g	Runny honey		
4	Egg whites		
1½ tbsp	Rapeseed oil		
1	Orange zest		

### Instructions

Preheat your oven to 180C.

Line 2, 12-hole min muffin tin with mini paper cases.

Peel and grate finely your pumpkin.

Put the eggs whites, honey and oil in your **food processor** and blitz until smooth and thickened.

Sift the flours, baking powder, bicarbonate of soda, salt, cinnamon and cocoa if using.

Gradually stir the egg white mixture into the dry ingredients in a bowl, then add the pumpkin and orange zest and mix thoroughly with a wooden spoon.

Pour the mixture into the muffin cases. Fill each case just over halfway.

Bake in the heated oven for 15 min and check. Transfer the muffins to a wire rack and leave to cool completely. They can be kept for 3 days in an airtight container.

For a Halloween look, decorate your muffins with spider webs made out of Greek yogurt: just put 2tbsp of yogurt into a piping bag and use a very thin nozzle to make thin lines resembling cob webs.



### Nutrifacts



**Butternut Squash** contains VITAMIN C that supports the immune system,  $\beta$ CAROTENE a powerful antioxidant and POTASSIUM to help maintain healthy blood pressure. Our bodies can produce VITAMIN A from  $\beta$ CAROTENE to support vision.

**Eggs** contain PROTEIN to help your body heal and grow. Additionally, eggs contain vitamin A that supports vision and healthy skin as well as riboflavin that promotes normal growth and vitamin B12 that supports red blood cell health.

**Honey** is quite high in fructose and glucose (sugar) so consume in moderation.

**Rapeseed oil** is LOW in SATURATED FAT and HIGH in omega-6 essential fatty acids.

**Almonds** are high in fibre and vegetarian protein and a good source of dairy-free CALCIUM for healthy teeth and bones.

**Cinnamon** is a great natural way to regulate your blood sugar as this spice can help increase insulin sensitivity.