

ORANGE AND TURMERIC MUFFINS

MAKES 24 / BOOK 45MIN / PREPARE 10 MINS / BAKE 20 MINS

Ingredients

2	Large oranges
6	Large free range organic eggs
200g	Soft brown sugar
200g	Ground almonds
2 tbsp	Ground flax seeds
2 tbsp	Chia seeds
1 ½ tsp	Baking powder
½ tsp	Bicarbonate of soda
1tsp	Ground cinnamon
2 tsp	Ground turmeric
2tbsp	Flaked almonds

Instructions

Preheat your oven to 160C fan and line two, 12-hole muffin tray with paper cases.

Put the oranges in a saucepan and cover with water. Bring to the boil and simmer for 45min-1hr. You might need to top up the liquid to keep the oranges covered. Once really soft, drain and let cool down completely. You can do this a day or two ahead.

Cut the oranges in quarters over a bowl to save the juices and remove the pips. Put the oranges in a food processor and blitz until reduce to purée, with a few bits here and there.

Add the rest of the ingredients except the flaked almonds and pulse to mix.

Pour the batter in the muffin cases, sprinkle a few flaked almonds on each muffin and bake until a toothpick comes out clean bar a few crumbs and they are springy to the touch – about 20min.

Transfer to a cooling rack and let them cool down completely.

These muffins will last up to a week in an airtight container and freeze really well for up to 3 months,



Nutrifacts



Eggs contain **PROTEIN** to help your body heal and grow. Protein also helps slow down sugar absorption which, in turn, smooths blood sugar levels. 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.

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

Cinnamon can support your blood sugar balance naturally as it can help increase insulin sensitivity.

Sugar contains **NO** nutrients only calories in the form of refined carbohydrates, that's why it is important to only have it occasionally.

Oranges contain **VITAMIN C** that supports the immune system, **FOLIC ACID** which is necessary for brain function and **POTASSIUM** to help maintain healthy blood pressure.

Turmeric promotes detox via hepatic glutathione and glutathione-S-transferase which aids detoxification of toxic quinones produced from the oxidation of oestrogen when there aren't enough antioxidants in the body. **Turmeric** is also a powerful **ANTI-INFLAMMATORY**.