



JAFFA SEEDLESS LEMON MUFFINS

Makes

8

Time

30
minutes

Level

Simple

Kcal

324
per portion

Our step-by-step guide

Step 1

Preheat your oven to 190°C. Line a muffin tin with paper liners or grease the cups lightly with a bit of coconut oil.

Step 2

In a large bowl, sift together the spelt flour, almond flour, baking powder, zest, poppyseeds, and salt.

Step 3

In a separate bowl, whisk together the melted coconut oil, Greek yogurt, honey, eggs, lemon juice, lemon oil and vanilla until well combined.

Step 4

Gradually add the wet ingredients to the dry ingredients, folding together until just combined. The batter should be uniform but not over-mixed to ensure the muffins stay tender.

Step 5

Spoon the batter into the prepared muffin cups, filling each about three-quarters full.

Step 6

Bake in the preheated oven for 18-22 minutes, or until the tops are golden and a toothpick inserted into the centre of a muffin comes out clean.

Step 7

Allow the muffins to cool in the pan for a few minutes, then transfer to a wire rack to cool completely. Decorate with icing sugar if desired.

Step 8

Enjoy!

You will need

Dry Ingredients:

- 3 x Jaffa Seedless Lemon (zested)
- 2 x TBSP Poppyseeds
- 2 x TSP Baking Powder
- 1/4 x TSP Salt
- 180g Wholegrain Spelt Flour
- 30g Almond Flour

Wet Ingredients:

- 1 x Jaffa Seedless Lemon (juiced)
- 2 x Large Eggs
- 1 x TSP Vanilla Extract
- 190g Plain Greek Yogurt
- 70g Melted Coconut Oil

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