

Lemon Chia Muffins



Oliver + Tom

SHARING + LUNCH BOX RECIPE



Hello Snack Lover

If you need to whip up an easy-peasy-lemon-squeezy but zingalicious snack, this is the muffin for you! Not only are do the lemons give these treats a flavour which is simply the zest, they are also a great source of vitamin C. And let's not forget to mention the chia seeds, which despite their tiny size, are highly nutritious. Packed with fibre, protein, omega-3 fatty acids, and various micronutrients, they also help to boost energy levels and metabolism, making these muffins a great way to start the day or perfect for a mid-morning snack.



SPELT

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MAKES 12 MUFFINS

Ingredients

Zest from 2 lemons
60ml (1/4 cup) lemon juice, freshly squeezed
1/2 cup coconut oil, melted and allowed to cool
1/2 cup maple syrup
2 eggs
160ml (2/3 cup) Greek-style natural yogurt
2 tsp vanilla extract
200 g (2 cups) light spelt flour
1 tsp baking soda
1 tsp baking powder
1/2 tsp salt
45g (1/3 cup) chia seeds

Optional:

Powdered sugar for dusting



Method

1. Preheat oven to 175 C and line a muffin tray with muffin cases.
2. Set aside lemon zest then add lemon juice, coconut oil, maple syrup, eggs, yogurt, and vanilla extract to a medium size mixing bowl. Stir to combine.
3. Add all remaining ingredients (except powdered sugar) and mix again until just combined.
4. Spoon the batter into the muffin cases, filling $\frac{3}{4}$ full.
5. Bake for 15 minutes or until the tops are lightly golden and a toothpick inserted into the middle comes out clean.
6. Remove from oven and allow to cool before sprinkling with powdered sugar.
7. Store in an airtight container for up to 3 days or wrap individually and freeze for up to 3 months.

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