

Long's healthier Sticky Date Muffins.



Preheat oven to 180°C

Place 10 pitted medjool dates
in a food processor
with 1 ¼ cups boiling water
Soak for 5 minutes.

then add:

2 eggs
½ cup rice malt syrup
½ tsp baking powder
1 tsp baking soda
2 TB coconut oil, soft.
1 tsp vanilla extract

Blitz for a minute until
smooth

↳ transfer to a bowl/jug.

then mix in ½ cup wholemeal
spelt flour

— NOW COMBINE WELL. —

Spoon/pour the mix into a
12 hole lined muffin tin.

Bake for 20 min.

Butterscotch sauce.

½ cup rice malt syrup
½ cup organic maple syrup
⅓ cup coconut cream
½ tsp vanilla extract.

combine in a small pot
over a medium heat
for 5-6 minutes.

(only whisk occasionally)
let it bubble → but don't let
it burn!

Drizzle sauce onto
cooled (or warm) muffins.
yum!