

Grain-free Strawberry Orange Ricotta Muffins

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mini muffin tins for 36 muffins
cutting board and knife
blender
measuring cups and spoons
large mixing bowl
stirring spatula/plate scraper
cooking skewer

Do this

with these INGREDIENTS

1. **Preheat** oven to 175°C.

2. **Line** or grease the mini muffin tins.

3. **Wash, pat dry, dehull, cut**
lengthways into eighths and set aside

9 medium **strawberries**

4. **Blend** until smooth

250 g (9 oz) **fresh ricotta**

½ cup **honey**

½ cup **fresh orange juice**

¼ cup **extra virgin olive or macadamia oil**

1 tsp **vanilla extract or powder**

zest of 1 **orange**

3 **eggs**

5. In the large bowl, **mix** together

2 cups **almond flour or meal**

½ cup **coconut flour**

1 tsp **baking powder**

1 tsp **bicarb soda**

6. **Mix** the wet into the dry ingredients.

7. **Fill** the muffin tin cavities with the mixture then **top** each with two of the reserved strawberry pieces.

8. **Bake** for 15 to 20 minutes or until the skewer comes out clean.

