

Flourless Raspberry Muffins

My favourite everyday low sugar snack. Perfect to bake for all the family, for the kids after school, my no added sugar gluten free muffins are sweetened with PerfectSweet for the perfect treat!

Makes 12 medium-sized muffins

INGREDIENTS

150g (1 1/2 cups) desiccated coconut
1 1/2 cups coconut milk
45g (1/4 cup) Perfect Sweet xylitol
1/4 cup coconut oil
2 eggs, whisked
150g (1 1/2 cups) almond flour
1 tsp gluten free baking powder
1 cup frozen raspberries



METHOD

1. Preheat oven to 180oC. Grease a 6 muffin baking pan or line with muffin papers.
2. Mix the coconut with the milk and let stand for 5 minutes.
3. Fold in the xylitol, oil, whisked eggs, almond flour and baking powder. Mix until well combined.
4. Add the raspberries.
5. Spoon mixture into the prepared muffin pan.
6. Bake for 35 - 40 minutes until cooked.

Enjoy!

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