

DATE: 21 December 2016

PUBLICATION: Essential Baby

URL: <http://www.essentialbaby.com.au/life-style/family-home/apple--coconut-muffins-20161110-gsmyq5>

UNIQUE MONTHLY BROWSERS: 750,000

Meet the Family: [Essential Kids](#) [Find A Babysitter](#)

Follow us: [f](#) [t](#) [p](#) [i](#) [g+](#)



[Subscribe](#) [Forum Login](#)

[Home](#) [News](#) [Conception](#) [Pregnancy](#) [Birth](#) [Baby](#) [Toddler](#) [Lifestyle](#) [Just For You](#) [Events](#) [Awards](#) [Forums](#)



[Remove](#)

[Home](#) > [Lifestyle](#) > [Home](#)

Apple & coconut muffins

SHARE [f](#) [t](#) [p](#) [g+](#) [✉](#)

Emma Sutherland | Dec 21 2016 at 3:58 PM



Apple & coconut muffins

These yummy little snacks are great for the whole family - they're super nutritious and so satisfying.



Advertisement

Trending



10 easy DIY Christmas decoration ideas

Ingredients

1 cup coconut flour
1 cup almond meal
½ cup activated buckwheat
½ tsp Naturally Better stevia
1/3 cup pumpkin seeds
¼ cup sesame seeds
¾ cup shredded coconut
1 tsp. cinnamon
1/3 cup chia seeds
2 tsp. baking powder
60ml olive oil
1 cup sheep's milk yoghurt
4 eggs - separated
2 cups grated apple

Method

Place all dry ingredients into a bowl and mix well.

Whisk egg whites till it forms peaks.

Separately, mix egg yolks and yoghurt. Once well blended, add oil.

Make a well in the dry ingredients and pour in wet mix of yoghurt, egg yolk and oil. Mix until evenly spread through the mixture then add grated apple. Let the mixture sit for 10 minutes to allow the chia seeds to swell.

Fold through egg whites, spoon into mini muffin silicon tray and bake on 180°C for 20 minutes.

Recipe brought to you by Naturally Better stevia. For more information and inspiration about the 100% all natural and healthy alternative to sugar made from Stevia (plant leaf extract) and Erythritol, a naturally occurring fruit glucose, visit emmasutherland.com.au.

SEE ALSO

Strawberry, mint and coconut icy poles
Summer berry smoothie for toddlers



Family cycling: options for carrying kids on bikes



Litica, star of canine maternity shoot, shows off her puppies



5 reasons to be musical around toddlers

Sponsored



Improving your family's wellbeing

Sponsored



Baby massage: why you should try it, and how to get started



Win the ultimate Bridget Jones's Baby prize pack

Latest forum chat

SHARE     