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**OUTLET:** nine.com.au

**URL:** <http://kitchen.nine.com.au/2016/12/19/09/54/apple-and-coconut-muffins>

**UNIQUE MONTHLY BROWSERS:** 4.5 Million

## Apple, chia and coconut muffins

By Emma Sutherland for Naturally Better

<b>Difficulty</b> not too difficult	<b>Cooking time</b> less than 60 minutes	<b>Serves</b> serves 4
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Apple, chia and coconut muffins by Emma Sutherland for Naturally Better

These fruity muffins are high protein and free of refined sugars and other nasties.

**INGREDIENTS**

- 1 cup coconut flour
- 1 cup almond meal
- ½ cup activated buckwheat
- ½ teaspoon Naturally Better stevia
- ⅓ cup pumpkin seeds
- ¼ cup sesame seeds
- ¾ cup shredded coconut
- 1 teaspoon cinnamon
- ⅓ cup chia seeds
- 2 teaspoons baking powder
- 60ml olive oil
- 1 cup sheep's milk yoghurt
- 4 eggs, separated
- 2 cups grated apple

**METHOD**

**CONVERT**

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.

Image and recipe courtesy of [Emma Sutherland](#) for [Naturally Better](#).

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<b>Muffin Dish</b>	<b>Healthy Ingredients</b> Healthy Diet	<b>Low Sugar</b> Healthy Diet	<b>High Protein</b> Healthy Diet	<b>High Fibre</b> Healthy Diet	<b>Apple</b> Main Ingredient
<b>Coconut</b> Main Ingredient	<b>Chia</b> Main Ingredient	<b>Yogurt</b> Main Ingredient	<b>Breakfast</b> Course	<b>Baked</b> Cooking Method	
<b>Not Too Difficult</b> Difficulty	<b>Serves 4</b> Serves	<b>Less Than 60 Minutes</b> Cooking Time			