



HEALTHY CHRISTMAS CAKE MUFFINS

Ingredients

- 600g mixed dried fruit (raisins, apricot, sultanas)
- 2 tsp ground cinnamon
- 1 tsp nutmeg
- 1 tsp vanilla bean extract
- 1 orange (juice and zest)
- 3 tbs extra-virgin olive oil
- 3 eggs
- 2 cups almond meal
- 50g walnuts

Method

- Preheat the oven to 160°C
- Spray a 12 case muffin tray with canola or olive oil.
- Combine the dried fruit, cinnamon, nutmeg, vanilla, orange zest and juice, olive oil and eggs in a large bowl.
- Add the almonds and walnuts and mix through.
- Spoon the batter into the muffin tray – bake for approx. 40-45 minutes.
- Insert a skewer – if it doesn't come out clean, bake for another 5 minutes.
- Cool before removing from tin and store in an airtight container.