



CHOCOLATE ORANGE MUFFINS

Ingredients

For the muffins -

100g oat flour
100g brown rice flour
3 tablespoons cocoa or cacao powder
100g coconut sugar
1 teaspoon baking powder
½ teaspoon bicarb of soda
200ml almond milk + 1 teaspoon apple
cider vinegar

50ml Mr Fitzpatrick's Clementine,
Orange & Bergamot no added sugar
cordial

Grated zest of 1 orange

For the chocolate ganache -

2 sweet potatoes, peeled, chopped and
cooked until soft
2 tablespoons almond butter
3 tablespoons maple syrup
3 tablespoons cacao powder
½ teaspoon vanilla extract

To decorate -

Dried orange slices
Cacao nibbles
Edible gold glitter spray

How to

1. Preheat the oven to 180 degrees C and lightly grease a 6-hole muffin tin.
2. Mix together the flours, coconut sugar, cacao or cocoa powder, baking powder and bicarb in a bowl. Whisk together the milk and vinegar and leave to stand for 10 minutes to curdle, then pour into the bowl along with the cordial and orange zest.
3. Mix well to combine and form a batter. Spoon between the muffin tins to reach the top and bake for 15-20 minutes until risen and spongy. Leave to cool.
4. Meanwhile make the ganache: when you've cooked the sweet potatoes and they have cooled, place in a blender with the other ingredients and blend well until smooth and quite thick. Chill in the fridge until needed.
5. Place the ganache in a piping bag with nozzle of your choice and pipe on top of each muffin.
6. Decorate with an orange slice, a sprinkling of cacao nibs and some glitter sprayed on.