



Hot Cross Muffins (Gluten & Dairy Free)

A delicious gluten and dairy free take on a classic, Hot Cross Muffins. Using almond flour as the base means they're much higher in protein and significantly lower in carbs than the usual wheat-flour-based counterparts. Lightly spiced with the usual delicious flavours of hot cross buns, you won't want to go back to the carb-heavy original. Serve warm with butter or your favourite dairy-free alternative.

Serves: 9, Prep time: 00:15, Cook time: 00:40

Instructions

1. Preheat the oven to fan forced 160C/180C/350F/Gas mark 4. Line a muffin tray (or use a silicone muffin tray).
2. In a large bowl, whisk together the eggs, coconut milk (for muffins), orange juice and zest and vanilla extract.
3. Add almond meal, baking powder, spices, and currants - mix until just combined. Spoon into a lined muffin tray and set aside.
4. In a separate bowl, mix together the coconut flour, water and remaining coconut milk. Spoon into a piping bag or small zip lock bag and pipe crosses onto the muffins.

Ingredients

- 2 Eggs, Large, Free Range
- 250 milliliters Coconut, milk, standard, Can (8.5 oz (U.S.))
- 1 Orange, Zest and juice
- 1.5 teaspoon Vanilla Extract
- 205 grams Almond Flour (7 oz)
- 1 teaspoon Baking powder, Gluten Free
- 1 teaspoon Cinnamon, Ground
- 0.5 teaspoon All spice
- 0.25 teaspoon Ginger Powder
- 0.25 teaspoon Cloves, Ground
- 80 grams Currant, dried (3 oz)
- 10 grams Coconut Flour (0.5 oz)
- 20 milliliters Water (0.5 oz (U.S.))
- 20 milliliters Coconut cream, For crosses (0.5 oz (U.S.))

5. Bake for 20 minutes, then rotate the tray and bake for another 15-20 minutes until golden brown and a skewer inserted comes out clean.
6. Serve hot with butter or your dairy-free alternative.

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Calories 234

Protein 7.4g

Fibre 3.3g

Carbs 8.5g

Fat 18.7g