

# Spiced Quinoa Muffins

Serves 12 muffins. This replaces my mince pie fix and requires no rolling out! Allow yourself a few days to make it so you have plenty of soaking time. Think of it like a sour dough, as you leave it in the bowl the enzymes are breaking it down for easier absorption.



## Ingredients

- ½ mug of quinoa
- 1 cooking apple, peeled and **stewed**
- 1 mug of soaked raisins
- ½ teaspoon vanilla essence
- ½ teaspoon each of: cardamom, cinnamon, nutmeg, cumin, coriander & ginger
- 1 teaspoon freshly grated ginger
- 10 almonds, soaked & then peeled
- 1 tablespoons ground almonds
- 1 tablespoon teff flour
- 1 tablespoon tapioca flour
- 1 tablespoon rapeseed oil
- pinch salt—optional
- ½ teaspoon bicarbonate of soda

## Variations

***You could use other dried fruit eg apricots, dates, sultanas. Or try difference nuts to decorate eg walnuts, brazil nuts. You could also use orange peel and lemon peel. Pear can be substituted for the apple too.***

## Advanced Preparation

This takes a long time to prepare so plan it the day before. Rinse and drain the quinoa and leave to soak overnight in a pan with **twice** as much water. Soak the almonds overnight in water. Soak the raisins in water over night too —just enough to cover them.

## Method

1. Cook the quinoa in a pan with a lid on until fully absorbed all the water.
2. Drain off the liquid from the raisins—retain the liquid.
3. Then add all the remaining ingredients except the almonds, into a bowl and mix well. Mixture should resemble the consistency of mashed potatoes. Add some raisin liquid if too dry.
4. Portion out into a greased muffin tray and decorate with the drained and peeled almonds.
5. Bake at 180 degree oven gas 4 for about 40—50 minutes until brown.
6. Leave to cool slightly before serving.. These ‘muffins’ will not keep like the usual (due to the reduced sugar content) so you will need to store them in a fridge for up to 3 days. Or you could freeze them. Enjoy!