

Brown Rice Fruit Muffins

Who?

This recipe is brought to you by Nikki Martin, personal trainer and nutritional advisor. For more recipes visit www.nikkimartin.co.nz.



*Easy to make and gluten-free.
Makes 12 muffins*

Ingredients

1 cup brown rice flour
½ cup buckwheat flour
2 teaspoons baking powder
1 teaspoon cinnamon
½ cup pitted prunes
½ cup raisins
½ cup honey
1 large ripe banana, mashed
1 cup natural yoghurt (250ml)

Method

Sift together flours, baking powder and cinnamon.

Combine prunes, raisins, honey, banana and yoghurt.

Mix well and add to flour.

Stir until combined but do not beat mixture.

Spoon into greased muffin-pans.

Bake in a hot oven (220C) for 15 minutes.
