

# Superhero Muffins

## Ingredients:

- 1 cup almond flour
- 1 cup spelt (or nutty wheat) flour
- 1 cup rolled oats
- 2 tsp ground cinnamon
- 1 tsp bicarbonate of soda
- ½ tsp salt
- 3 eggs
- 6 Tbs unsalted butter, melted
- ½ tsp vanilla essence
- ½ cup light brown sugar / honey / maple syrup

## Mix-and-Match Flavours:

### Apple Cinnamon

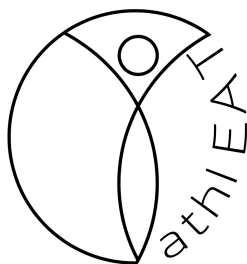
- 2 apples, grated
- 1 cup baby marrow, grated
- ½ cup cashew nuts, chopped

### Apple Carrot

- 1 apple, grated
- 2 carrots, grated
- ½ cup raisins

### Beetroot Blueberry

- 2 small beetroot, grated
- 1 cup frozen blueberries



**Prep. time:**  
10 min



**Total time:**  
35 min



**Servings:**  
12

## Directions:

1. Preheat oven to 180C. Grease a muffin tin (preferably using silicon muffin cups).
2. Combine all the dry ingredients in one bowl; and all the wet ingredients (including the mix-and-match flavours) in another. Stir each bowl separately to combine.
3. Dissolve bicarb in the milk, then add to the egg mixture, together with the vanilla essence.
4. Add the wet mixture to the dry mixture and stir until just combined. Spoon into greased muffin cups, filling each to the brim.
5. Bake muffins for 25-30 minutes until golden brown and firm to the touch.
6. Allow to cool completely before storing in an airtight container.

Adapted from **Run Fast. Cook Fast. Eat Slow.** and **Run Fast. Eat Slow.** by Shalane Flanagan & Elyse Kopecky.

## Notes:

- Muffins may be frozen or stored in the fridge to improve their shelf-life.
- We eat these, together with our morning coffee before heading out on a run. They're also a great mid-morning or mid-afternoon snack, provided you combine with some form of protein (15-20g). Convenient protein sources could include a carb-free protein shake, collagen in your tea/coffee, 100g Greek yoghurt etc.