

Maple pecan spelt muffins

Takes 45 minutes, serves 4-6 and uses a muffin tin and muffin cases.

INGREDIENTS

80g white spelt flour
40g wholemeal spelt flour
1.5 teaspoons baking powder
A pinch of salt
30g rolled oats
40g chopped pecans
1 very ripe, brown banana (approximately 110g banana flesh)
60ml ground nut oil
90ml maple syrup
1 tsp vanilla extract
1 large egg

A small handful of oats for topping

DIRECTIONS

Pre heat the oven to gas mark 7, 425°F, 218°C, 198°C fan. For more info about oven temperatures, Read my free guide, on my blog. Line a muffin tin with up to 6 muffin cases.

Sieve the flours, baking powder and salt into a large mixing bowl. Mix in the oats and pecans so that they're evenly distributed.

In another bowl, mash the banana to a pulp. Add the oil, syrup, vanilla extract and egg. Whisk this all together until it's all mixed thoroughly with just a few lumpy bits of banana here and there.

Add the wet ingredients to the dry ingredients and mix it all together, making sure you scrape all the flour off the bottom of the bowl.

Pour the mixture into your muffin cases, filling about 90% of the way up, almost to the top. Scatter oats across the top of them all.

Place in the oven and bake for 15 minutes, checking after 10 minutes to see if they are cooking evenly on top. Turn the muffin tin around if not. The muffins should have a nice golden colour on top, if not, cook for a couple more minutes at a time.

Remove and allow to cool for 10 minutes, then take the muffins out of the tray and leave on a cooling rack. Eat.

