



JAM FILLED DOUBLE CHOCOLATE MUFFINS

Serves up to five people (depending on how much you can resist temptation)

When chocolate isn't enough, reach for double – these vegan muffins are a sweet treat and this simple recipe will walk you through creating a snack that could become a bit of a habit!

Ingredients

For the muffins

100g oat flour
75g rice flour
25g ground almonds
4 tablespoons cocoa or cacao powder
50g coconut sugar
1 teaspoon baking powder
½ teaspoon bicarbonate of soda
200ml almond milk
2 tablespoons rapeseed or melted coconut oil
2 tablespoons maple syrup
1 teaspoon vanilla extract

For the filling

6 heaped teaspoons no added sugar
raspberry jam

For the chocolate topping

2 tablespoons coconut oil
2 tablespoons maple syrup
4 tablespoons cacao or cocoa powder
150g Bute Island Creamy Original Sheese
½ teaspoon vanilla extract

To decorate

Freeze-dried raspberries
Cacao nibs
Dried rose petals

Cooking Method

Preheat the oven and lightly grease a 6-hole muffin tin. Mix together the flours, almonds, cacao/cocoa powder, coconut sugar, baking powder and bicarbonate of soda in a bowl. Whisk together the milk, oil, maple syrup and vanilla then pour into the dry ingredients and mix to combine. Spoon the mixture between the muffin tins to reach the top then bake for about 20 minutes until risen and firm to the touch. Leave to cool.

Meanwhile make the topping: Gently melt the coconut oil then whisk in the maple syrup and cacao/cocoa powder to form a smooth sauce. Allow to cool a little then whisk in the Sheese and vanilla. Chill in the fridge for at least 1 hour to thicken and set. Once the muffins has cooled, scoop out a little of the centre of each one and stuff each cavity with some of the jam. Now spoon some of the chocolate topping then sprinkle over the freeze-dried raspberries, cacao nibs and rose petals. Enjoy!

