



Andie's Kitchen

SUPERFOOD SWEET BREAD GLUTEN FREE

Ingredients:

coconut spray
500g gluten free flour
2 tbsp maca powder
3 tbsp acai powder
1 tsp gluten free baking powder
½ tsp Himalayan salt
1 cup coconut sugar
3 farm eggs
1 cup of almond milk
1/3 cup hemp oil or coconut oil
1/3 cup of goji berries
1/3 cup unsweetened (optional)
coconut flakes
1/3 cup hemp seeds
1/3 cup chia seeds
1/3 cup cocoa nibs

Method:

1. Preheat oven to 190°C (375° F).
2. Lightly spray a muffin pan with coconut oil spray.
3. Sift together all dry ingredients flour, maca powder, acai, baking powder, and salt into a mixing bowl.
4. Add coconut sugar.
5. Make a hole in the center of dry ingredients.
6. Add the wet ingredients to the hole, eggs, almond milk and oil, combine thoroughly.
7. In a separate bowl add goji berries, coconut flakes, hemp seeds, chia seeds and the cocoa nibs.
8. Fold into batter and pour evenly into 12 muffin cups.
7. Bake for 35 minutes.
9. Insert a clean knife or tooth pick into the center of the sweet bread; when it's ready, it will come out clean.



These treats are great for breakfast, snacks or desert with a dollop of organic cream or coconut yogurt.