

Cherry almond muffin loaf



50g bramley apple, cored, peeled and sliced

5 medium sized eggs

1 egg white

30g pitted dark cherries, halved

80g coconut flour

65g pure maple syrup

1½ tsp stevia (or natural sweetener of your choice)

70g ground almonds

1 tsp of vanilla extract

½ tsp bicarbonate of soda

MAKES 10 SLICES

Preheat oven to 180°C/350°F.

Line the base of a medium sized loaf tin with baking paper.

Bring a small saucepan of water to the boil. Add the apple and simmer gently for around 4 minutes, until soft. Remove from heat and drain through a fine sieve. Stir gently to remove excess water. Transfer apple to a bowl and leave to cool.

Beat the eggs and egg whites with a whisk for 30 seconds.

Add all of the remaining ingredients and mix well. Pour the mixture into the loaf tin and bake for 40-50 minutes, until golden brown.

Leave to cool for 5 minutes, then remove from the tin and transfer to a wire rack to cool.

Once cooled, store in an airtight container at room temperature for up to 3 days.



PER SLICE:

132 Calories

12g Carbs

7g Protein

7g Fat

