

## Beetroot, Orange and Carob Muffins

Makes 6 small muffins

Pre-heat oven to 170°C.

- 1 large beetroot, cooked till soft
- ½ cup besan flour (chickpea flour)
- ½ cup buckwheat flour
- 1 tbsp carob powder
- ½ cup soaked sultanas
- Zest and juice of 1 orange
- 1 tsp baking powder
- 2 eggs
- ¼ cup grapeseed oil
- 1 dark carob button or 1 Brazil nut per muffin

Line one or two muffin trays with baking paper cut into squares. Whisk the eggs. Grate in the beetroot. Mix in the rest of the ingredients.

You may need some warm water for moisture.

Spoon mixture into the lined muffin trays. Poke one carob button into each muffin.

Bake for 15 mins or until firm to touch.

## Coconut and Sweet Rice Pudding

- 1 cup short grain brown rice or quinoa
- 3 cups of filtered water
- Pinch of salt
- 1 can of coconut milk (440g)
- Handful of sultanas
- 1 tbsp raw honey
- ½ tsp ground cinnamon
- Lemon or orange zest, optional
- Pinch of sea salt

Bring the rice to the boil then lower the heat to a minimum and continue to cook with the lid on for about 30 mins.

Add the coconut milk, honey, cinnamon and sea salt. Give it a good stir.

Simmer for another 10 mins until pudding is thick and creamy.