

Coffee Pecan Muffins

These energy boosting muffins work double time. When your mood starts to slump these tasty muffins will pick you up and make the rest of the afternoon plain sailing. Soft in the middle and crunchy on top, they are a pretty irresistible snack!

Makes 6 large muffins

100g pecans, chopped
40g rolled oats
60g spelt or buckwheat flour
1 tsp baking powder
½ tsp bicarbonate of soda
1 tsp ground cinnamon
pinch of salt
50g coconut yogurt or natural yogurt
50g coconut oil or butter, melted and cooled, plus extra for greasing
1 egg, beaten
1 banana, mashed
4 tbsp date syrup or maple syrup, plus extra to serve
shot of espresso, cooled

Preheat the oven to 200°C/400°F/gas mark 6. Grease a six-hole muffin tray.

Place 50g of pecans in a food processor and grind up. Put the rolled oats, flour, baking powder, bicarb, cinnamon and salt in a mixing bowl and stir in the ground pecans. In a separate bowl, mix the yogurt, oil, egg, banana, syrup and espresso together. Then add the wet mixture to the dry ingredients and mix well together. Pour the batter into the greased muffin tray and top with the rest of the pecans.

Put the muffins in the oven and bake for 18 minutes until risen and cooked through. Leave to cool on a wire rack, then serve with a drizzle of maple syrup.

Keep in an airtight container for 3–4 days.