

Conscious Cafe

BANANA /PEAR MUFFINS

GLUTEN-FREE *** INGREDIENTS LIST

Rice flour, ground almonds, milled oats, baking powder, avocado oil, coconut oil, coconut sugar maple syrup, crystallised ginger, ginger syrup, vanilla extract, local eggs, rice milk, and ... **fruit**

...either **bananas** with coconut flakes & a cranberry on top or fresh **pears** from the Healthy Home garden with sesame seeds on top **ENJOY!** *(The banana recipe is on the next page)*



made by

Gina Lazenby, The Healthy Home

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