



CACFP Recipe: Healthy gingerbread muffins

INGREDIENTS:

- 175 g coconut sugar or use light brown sugar if preferred
- 250 g plain whole meal flour or plain white flour if preferred
- 1 tsp baking powder
- 1/2 tsp bicarbonate of soda
- 1/2 tsp mixed spice
- 1 tsp ground ginger
- 100 g water
- 100 g sunflower oil
- 1 large ripe banana mashed
- 100 g sultanas

For the cashew frosting

- 140 g cashew nuts
- 100 ml coconut milk
- 40 ml melted coconut oil
- 30 ml maple syrup
- 1 tbsp. lemon juice
- 1/2 tsp ground ginger

To top

- 2 packs of Organic mini gingerbread men

DIRECTIONS:

To make the frosting

1. Put the cashew nuts in a bowl and cover with hot water for 30 minutes.
2. Drain the cashews then place into a high-speed blender with the remaining ingredients.
3. Blend until completely smooth.
4. Remove from the blender, place in a plastic tub, allow cooling then place in the freezer for 30 minutes to firm up. You could skip this stage but the icing will be quite runny.

To make the cakes

1. Pre-heat the oven to 180°C (fan)/200°C/gas mark 6. Place 15 fairy cake cases in a bun tin (the size you'd use for fairy cakes)
2. Sift the flour, baking powder, bicarbonate of soda and spices together into a large mixing bowl.
3. Stir in the sugar
4. In a jug mix the oil, water, mashed banana, and beat together.
5. Fold into the flour.
6. Stir in the sultanas.
7. Spoon the mixture into the fairy cake cases and bake in the oven for 18-20 minutes until well risen and firm to the touch.
8. Allow to cool on a wire rack.
9. Spread or pipe the icing on top and decorate with mini gingerbread men.
10. Store in the fridge