

BABY MARROW MUFFINS

Ingredients:

2 cups almond flour

6 eggs

2 -3 medium baby marrow (about 2 cups shredded)

½ teaspoon Himalayan / pink salt

4 tablespoons butter to grease muffin pan

Method:

Puree all ingredients in a blender

Or shred baby marrows with grater and mix all ingredients with fork

Pour batter into well- greased muffin tins or small loaf pan

Bake at 180 degrees Celsius for 20 – 30 minutes or until a knife comes out clean

Or:

Bits of butter can be placed into each muffin cup

Preheat oven, place in oven to melt the butter

Once melted, pour or spoon in the batter, the fat will move up the sides of the muffin cup as the batter is spooned in.