**Goji Berry Muffins**

**Preparation Time - 10 minutes**

**Cooking Time - 22 - 25 minutes**

**Servings - 10 -12**

**Ingredients**

* 2 tbsp Linwoods Flaxseed and Goji Berries
* 60ml water
* 250ml boxed coconut milk
* 220g apple puree
* 100g soft brown sugar or coconut sugar
* 70g smooth peanut butter\*
* 150g buckwheat flour
* 120g ground almonds
* 1 tsp baking powder
* 1 tsp cinnamon

**Directions**

1. Preheat your oven to 180C (350F).
2. Line a muffin tray with 10 -12 liners.
3. Mix together the flax and water in a small bowl and set to one side for 5 minutes.
4. Whisk together the milk, apple puree, soft brown sugar and smooth peanut butter in a bowl.
5. Whisk the buckwheat flour, ground almonds, baking powder and cinnamon together in a large bowl to break up any clumps.
6. Add the flax mixture to the wet ingredients. Whisk to combine.
7. Add the wet ingredients to the dry and whisk together until just combined. Divide the mixture into your prepared muffin tray. Fill the cases ⅔ - ¾ of the way full depending on how big you want to make them and how many you want to make.
8. Bake in the preheated oven for 22 -25 minutes; until a toothpick comes out clean. Allow to cool on a wire rack. Store in a sealed container for up to 3 days.

\*You can use tahini for a nut free version