

Flax4Life Mini Muffins or Mini Bundt Cake

Use these quantities for mini bundt pan

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90g	45g	ground flax meal
24g	12g	unsweetened cocoa powder
30g 1	5g	tapioca starch
1 tsp	½ tsp	baking powder
¼ tsp	1/8 tsp	salt
2 whole	1 whole	egg(s)
6 Tbsp	3 Tbsp	walnut oil
4 Tbsp	2 Tbsp	Barbados molasses
2 tsp	1 tsp	vanilla

Instructions

Step 1: Preheat the oven to 350°F. Lightly grease a mini-muffin pan, or use a silicon mini-muffin pan.

Step 2: Blend the dry ingredients; In mixing bowl whisk egg; then whisk in oil, molasses and vanilla. Stir in dry ingredients and mix gently until just combined and no large lumps remain. Transfer the batter to the pan with a spoon (or try pouring from 1 qt measuring cup), filling each muffin tin about 3/4 of the way to the top (about 1 tablespoon per tin).

Step 3: Bake for 20 minutes, or until firm to the touch. Cool on a wire rack at least 15 minutes before handling.

Step 4: Serve; Enjoy. Freezes well.