

CRUNCH TIME

Allergy Free Afternoon Tea



Serve information:
1 plate with 6 Muffins and 2 glasses of Smoothie

INGREDIENTS - MUFFINS:

100g Rolled oats
4 Tbsp cocoa
2 Tsp baking powder
1 Tsp baking soda
1/2 Tsp salt
250g Unsweetened apple sauce
1 Tsp olive oil
4 Tbsp natural sweetener (like Stevia)
175g Choc chips

INGREDIENTS - SMOOTHIE:

1/2 Punnet strawberries, frozen
1 Banana
1/2 Avocado
100ml Water

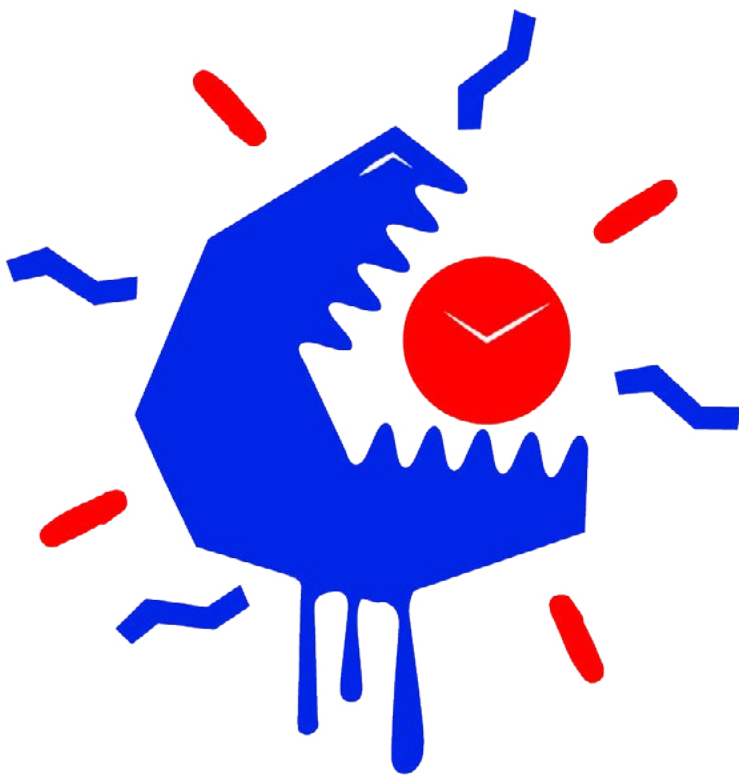
EQUIPMENT:

6 Muffin papers
Muffin tray for 6 muffins
Small bowl
Several spoons
Food processor
2 Mixing bowls
Oven mitts
Blender
2 Smoothie glasses
2 Straws
Serving plate



METHOD:

1. Preheat oven to 180°C
2. To make muffins, place muffin papers in muffin tray
3. Reserve one tablespoon of rolled oats aside. Place the remaining rolled oats in the food processor and process until you have flour
4. In a bowl, combine rolled oats flour, cocoa, baking powder, baking soda and salt
5. In a separate bowl, combine apple sauce, oil and sweetener
6. Add the oat mixture to the apple sauce mixture and mix well
7. Fold in half of the choc chips
8. Spoon batter into the paper lined muffin tray to three quarters full
9. Sprinkle muffin tops with remaining choc chips and reserved rolled oats
10. Bake in preheated oven for approximately 20 minutes
11. To make the smoothie, combine all ingredients in a blender and blend. Pour into 2 glasses and insert straws
12. Take the "prepared earlier" Muffins in muffin tray and place on plate



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