



YOUNG LIVING[®]
ESSENTIAL OILS

CHEF KATE

YL BRAND AMBASSADOR
& CHEF-TO-THE-STARS



COCONUT ALMOND MUFFINS WITH BERRY HONEY BUTTER

COCONUT ALMOND MUFFINS

MAKES 12 medium or 24 small

BAKING TIME 25 - 35 minutes

PREP TIME 15 minutes

A NOTE FROM CHEF KATE

“I like to use mini muffin tins, but you can use the regular size ones too. These muffins don’t rise very much so fill the tins to the top. You can also use this recipe to make coconut almond loaf bread. Nuts are optional & you can also add seeds and NingXia Wolfberries if you like.”

DRY INGREDIENTS

1½ cups	Coconut flour, sifted	1 tsp.	Aluminium-free baking powder
½ cup	Almond meal flour	1 tsp.	Sea salt (to taste)
½ cup	Shredded or desiccated coconut		

WET INGREDIENTS

6	Eggs, beaten	¾ cup	Coconut milk or milk of choice
¼ cup	Chia seeds	¼ cup	Melted coconut oil, ghee or butter
¾ cup	Coconut syrup	1 cup	Raspberries (or other berries)
½ cup	Honey or maple syrup	1 cup	Chopped nuts
2 tsp.	Vanilla extract or essence (optional)	1-2 drops	YL Lemon, Orange or Cinnamon essential oil (add after baking)

METHOD

1. Preheat oven to 180°C and prepare the muffin tins by rubbing them with coconut oil, ghee or butter. You can also line the tin with muffin papers.

2. Combine the dry ingredients together and set aside. In a medium size bowl mix all the wet ingredients together except the berries and nuts and set aside for 5 minutes to let the chia seeds expand.
3. Add the dry mixture and gently mix well to combine. If there are any lumps of coconut flour, break them up with the back of a spoon and then fold in the berries and nuts.
4. Bake for 25-30 minutes. You may need to loosely cover the muffins with baking paper if they are browning too quickly and reduce the oven temperature a little depending on your oven.
5. The muffins are baked when a toothpick inserted in the middle comes out clean, but they will still be moist in the middle. Serve immediately, or cool and keep in a sealed container for up to 4 days or freeze for up to 1 month.

FINISH WITH CULINARY ESSENTIAL OILS: To ‘finish with culinary essential oils’ Kate recommends adding 1-2 drops (or a little more to taste) of the suggested essential oil to a little melted butter or coconut oil, stir to combine and then drizzle the mixture evenly over the muffins.

TIP: Frozen berries work well and hold their shape better; just cut or break them into smaller pieces. Try adding raspberries to half the muffin mixture and nuts to the other half for variety.

BERRY HONEY BUTTER

INGREDIENTS

1 cup	Butter or ghee (softened to room temperature)	2 tbsp.	Coconut oil (softened)
¼ cup	Honey or maple syrup	1 tbsp.	Chia seeds (optional)
½ cup	Raspberries or other berries (smashed a little)	1-2 drops	YL Lemon or Orange essential oil

METHOD

1. Mix all the ingredients together well and serve right away, or keep in the fridge for up to 1 week. You can also freeze the butter for up to 1 month. Take it out of the freezer approx. 30 minutes before you are ready to serve.