



Hibiscus Muffins

Have you ever thought of using your favorite herbal teas in your baked goods? If you are a tea lover like I am , you drink lots of herbal teas and would like to incorporate teas into many things as possible. My favorite brand is Traditional Medicinals.

I tried using tea as the liquid and voila this recipe was created!

Ingredients

1/4 Cup brewed hibiscus tea (brewed according to package direction)

2/3 Cup almond flour

1 Tsp baking powder

2 Tbsp maple syrup

2 Eggs or Flax eggs

Carob chips or raisins (optional)

Directions

1. Preheat the oven to 350 F degrees.
2. Line four muffins cups.
3. In a small bowl, combine the brewed tea, almond flour, baking powder, and egg (flax eggs) and stir with a fork to combine.
4. Spoon the batter into the muffin cups and bake until a toothpick inserted into a muffin comes out clean, 12 to 15 minutes,
5. The muffins can be stored tightly sealed at room temperature for 2 days or stored in the freezer for months.

Note: I use only organic ingredients