

# ROSE, HIBISCUS & NETTLE MUFFINS

## Ingredients

1 1/2 cups ground almonds

½ cup ground flaxseeds (I like to freshly grind my own with a coffee grinder) but can purchase ground

¼ cup of softened butter – I use Ghee (or coconut oil, goose fat, duck fat, or yogurt, crème fraiche)

3 eggs

1 tablespoon of local raw honey

½-1 teaspoon Rose Petal Powder\*

½-1 teaspoon Hibiscus Powder\*

½-1 teaspoon Nettle Powder\*

Handful of raspberries, either fresh or frozen (optional – could also use blueberries). I just mix them in until they are broken up a bit and mixed into the mixture.

\*Clients will be able to purchase Bionutri's Aquasol Herbal Powders/Teas above from The Natural Dispensary. For non-clients have a look online.

- Mix all ingredients well.
- Grease muffin tin (I use a silicon muffin mould from Lakeland so there is no need to grease this).
- Spoon the mixture in. It makes around 8 muffins if using the large Lakeland muffin mould
- Bake in the oven at at 150°C (300°F) for approx 20.