
Macadamia Raspberry Chia Minis

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

Muffins:

1 cup or 100g roasted salted macadamia nuts

1/2 cup date sugar

2 tablespoons date syrup

1/8 teaspoon baking soda

pinch of salt

1 teaspoon vanilla extract

1 egg, at room temperature

Chia Jam:

3/4 cup frozen raspberries (100g), defrosted

1/2 tablespoon honey

1 tablespoon chia seeds

Instructions:

1. Pre-heat the oven to 350F or 160C. Line a mini muffin pan with 10 liners.
2. Make the chia jam by blending raspberries and honey in a small blender. Add the chia seeds and blend until fully incorporated. Transfer to a glass jar. Set aside to thicken. You can keep the jam in the fridge for up to a week.
3. To make the muffins, place the nuts in a food processor. Pulse until finely ground. Add the date sugar, date syrup, baking soda, and salt. Pulse until mixed. Add the egg and vanilla. Pulse until well mixed, scraping down the sides if needed.
4. Scoop about half a tablespoon into each muffin case. Add a teaspoon of the jam, then distribute the remaining macadamia batter on top. Decorate with some chopped macadamia nuts.
5. Bake for 15-mins until tops are firm and golden brown. Let cool on a rack before enjoying.