**Chestnut Muffin**

**Ingredients**

Makes 10 muffins

125g chestnut flour

A pinch of salt

2 teaspoons gluten free baking powder

2 large eggs

75g runny honey

2 teaspoons mixed spice

75g odourless coconut oil melted e.g. Biona Coconut Cuisine coconut oil

**Instructions**

Preheat the oven to 180 degrees (fan oven)/Gas 4

Combine the flour, salt and baking powder in a bowl and set aside

In a separate bowl, put the eggs, honey and vanilla or mixed spice if using and with a handheld electric whisk, whisk for 5 minutes until the mixture develops a mousse-like texture and has roughly tripled in volume. Alternatively place these ingredients in the bowl of a free-standing mixer and set the whisk setting for 5 minutes.

Sift the flour over the egg mousse then start whisking again and continue for another 2 minutes slowly adding the coconut oil with 1 tablespoon of water as you go, to produce a loose batter.

Pour the mixture into muffin cases about two thirds full. Bake for 25 minutes until risen and golden brown. Allow the muffins to cool completely and enjoy.

Store in an airtight container for 2-3 days