

## Goji Berry Muffins

Makes 16

Goji berries are renowned for their anti-ageing properties, are great for eye health and a strong immune system. Dried Goji berries will keep for about one year in a cool dry place. Another name for Goji berries is wolfberries.



### Ingredients | Method

200g gluten-free flour  
60g quinoa flakes  
5ml baking powder (1 tsp)  
2ml baking soda (½ tsp)  
2 organic eggs  
180g organic raw sugar  
150g organic butter, softened  
Dash of organic vanilla extract  
300g sour cream  
200g dried Goji berries

Preheat oven to 350°F or 180°C.

- 1 In a bowl, stir together flour, quinoa flakes, baking powder and baking soda.
- 2 In a second bowl, whisk eggs till they foam. Stir in sugar, butter and vanilla extract. Add the dry ingredients, as well as the sour cream, while you keep stirring the mixture. Gently fold in the Goji berries.
- 3 Spoon batter in cups in muffin pan or use paper lining. Bake in preheated oven for 20-25 minutes. Let muffins cool slightly in tins before transferring onto a rack to cool completely.
- 4 Enjoy your muffins with a dab of fresh butter.

### Recipe #25 – courtesy of Alchemy/Purple House

In what was once the village post-office, Alchemy Café has put Forth on the map. Regular customers and tourists from far and wide come for a taste of the healthy menu, entirely gluten free. Alchemy supports the local organic industry as much as possible, and uses only fair trade organic coffees and chocolates.



Come in for breakfast, morning tea, lunch and afternoon tea, with a wide range of menu options available. Enjoy coffee, teas, wines and ciders, juices, smoothies, soups, desserts and cakes. It's also a one-stop shop for gifts and all your organic ingredients.



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