



Chocolate Orange Oat Muffins

(based on a flourless cake recipe from Nigella Lawson – Charlene Wight)

Ingredients¹:

2 oranges (better if thin-skinned)

6 eggs

$\frac{3}{4}$ c. (67.5 g) oat flakes

2 c. (200 g) ground almonds

1 $\frac{1}{4}$ c. (250 g) sugar

$\frac{1}{2}$ c. (50 g) cocoa powder

1 tsp. (5 mL) baking powder

$\frac{1}{2}$ tsp. (2.5 mL) baking soda

Directions:

1. Boil the oranges (starting with cold water) for 2 hours (yes, 2 hours!).
2. Drain the oranges, cut into quarters, discard the seeds, and chop finely using a food processor.
3. Mix all the ingredients together and pour into greased or paper-lined muffin tins.
4. Bake at 350F (180C, gas mark 4) for 30-35 minutes.

Makes about two dozen. The batter will be very wet, and the muffins will not rise very much.

A time-saving tip: boil a large number of oranges, then process them two-at-a-time, putting the pulp into small freezer bags for later use. Store in the freezer.

¹ Metric measures may be slightly off.