

CHOC-ORANGE MINI CAKES

(from Chit Chat Chomp)

Makes 6-8 mini cakes

1 orange
1 cup almond meal
1 tsp baking powder
2 large eggs
1 Tbsp raw cacao powder
1 Tbsp rice malt syrup or raw honey
handful of raw cacao nibs
handful of sunflower seeds

Heat oven to 320 F and line a mini cupcake pan with 8 cupcake papers

Place the orange in a pot and cover with water. Bring to the boil then reduce the heat to low and simmer for 1 hour. Allow to cool.

Chop the cooked orange into chunks and place in a blender and blitz until smooth. Add all other ingredients (except cacao nibs and sunflower seeds) to the blender and pulse until combined.

Divide the batter between your cupcake papers, filling close to the top as they will not rise by much, and top with the cacao nibs and sunflower seeds. Pop into the oven for approximately 30 to 40 minutes, or until a skewer comes out clean when inserted in the middle.