

## Lemon Chia Seed Muffins (makes 12 muffins)



If you have some of our Health Connection Chia seeds in your cupboard, why not try this recipe. The perfect thing to test them out. You can't really even taste them. The glaze on top is light and has great lemon flavour to go with the muffins. You could omit the glaze if you are trying to be a little healthier, but it is just so good!

### Ingredients

2 cups HCW Gluten Free Flour Mix

3 tbsp HCW Chia Seeds (*NEW*)

1 tsp baking powder

¼ tsp baking soda

½ tsp salt

8 tbsp butter, softened

1 cup sugar

2 eggs

Zest of 1 lemon

1 tsp vanilla essence

1 cup plain yoghurt

### Method

1.

**Preheat oven to 180°C (conventional oven) or 160°C (fan assisted oven). Prepare muffin tin with non-stick spray.**

2.

**In a small bowl combine the flour, chia seeds, baking powder, baking soda and salt. Set aside.**

3.

**Cream butter and sugar together until light and fluffy. Beat in eggs, 1 at a time. Mix in lemon zest and vanilla essence. Using a spatula mix in the flour and yoghurt until just combined.**

**Fill muffin tins about 2/3 full. Bake for 18-20 minutes.**