

The BBQ Baker, Out of the Ord

Papaya, Coconut & Chia Muffins

Ingredients:

- 2 cups self-raising flour
- ½ cup shredded coconut
- 1 cup papaya, peeled, deseeded and mashed
- 1 large egg, whisked
- 2 tbsp butter
- ½ cup honey
- 10 grams chia seed



Method:

1. Pre-heat oven to 180 degrees C.
2. Over a low heat, heat butter on stove until melted.
3. Combine flour, coconut and chia in a large bowl and mix.
4. In a separate bowl, combine mashed papaya, egg, melted butter, honey and mix well. Add papaya mixture to flour and coconut bowl and mix well.
5. Grease a standard muffin tray and spoon a heaped tablespoon of mixture into each one.
6. Bake for 20 minutes or until a skewer inserted into the middle comes out clean.
7. Cool for 10 minutes before removing from the muffin tin.

Find online: [Here](#) at the BBQbaker.com

Adapted from the Australian Papaya [Website](#)