



Vanilla Rudolph Bites

Serves: 20
Prep: 30 mins
Cook: 15 mins

Dietary: VEG, DF, EF, NF
Allergens: Wheat
Age group: 12 months+

Vanilla Rudolph Bites



Vegetarian



Egg-Free



Dairy-Free



Nut-Free

Equipment

High-speed food processor

Ingredients

- 5 Medjool dates, pitted
- 1 egg replacer, whisked
- 1 tsp (5ml) vanilla extract
- ¼ cup (60ml) coconut oil, melted
- ¼ cup (65g) apple puree (unsweetened)
- ½ cup (50g) cauliflower, steamed and drained
- ¼ cup (60ml) maple syrup
- 1 cup (130g) wholemeal flour
- ½ tsp baking powder
- ¼ tsp baking soda

Toppings:

- 50g dark chocolate (>70%), melted
- 125g raspberries, rinsed and top cut off
- 50g pretzels, broken in halves

Method

1. Preheat the oven to 180°C and line mini muffin trays with paper liners.
2. With the help of a food processor, combine the egg replacer, vanilla extract, coconut oil, apple purée, steamed cauliflower, and maple syrup. Blend until silky smooth.
3. Add the wholemeal flour, baking powder, and baking soda to the wet mixture. Blend until a smooth batter forms.
4. Spoon the batter into the mini muffin liners, filling them $\frac{3}{4}$ full. Bake for 15 mins or until a skewer inserted into the center comes out clean. Let the muffins cool on a rack.
5. Once cooled, use a skewer dipped in melted dark chocolate to create three dots on the top of each muffin. Two dots form the reindeer's eyes, and the third acts as glue for a raspberry "nose."
6. Gently press two pretzel halves into the top of each muffin above the eyes to form Rudolph's antlers.

Storing leftovers: Store in an airtight container in the fridge for up to 7 days or freeze for up to 4 months.

Tips

- ✓ **Allergies:** For a gluten-free version: Swap wholemeal flour to a gluten-free flour.
- ✓ **Easy ingredient swaps:** Swap maple syrup for raw honey. Swap apple puree for fruit puree of choice.
- ✓ **Baby-friendly version:** Leave out maple syrup and swap chocolate for coconut cream.