

THE ULTIMATELY COOLEST WAY TO RAISE YOUR KIDS IN THE NEW ERA

GEEK PARENTING

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**REACHING
FOR THE
SKIES**
DRONES
ARE FUN

**CHILDREN
& EXAMS**
TOO
STRESSFUL
TOO
EARLY?

**GAMING
PARENTS**

WHY IT
IS GOOD
TO GAME
WITH
YOUR
KIDS

**CAN A
SECOND
LANGAUGE
MAKE
YOUR KID
SMARTER?**

**CREATE
APPS**
HOW KIDS
CAN DO
IT TOO

MOVIE TIME!

WHY WATCHING FILMS AS A FAMILY IS IMPORTANT

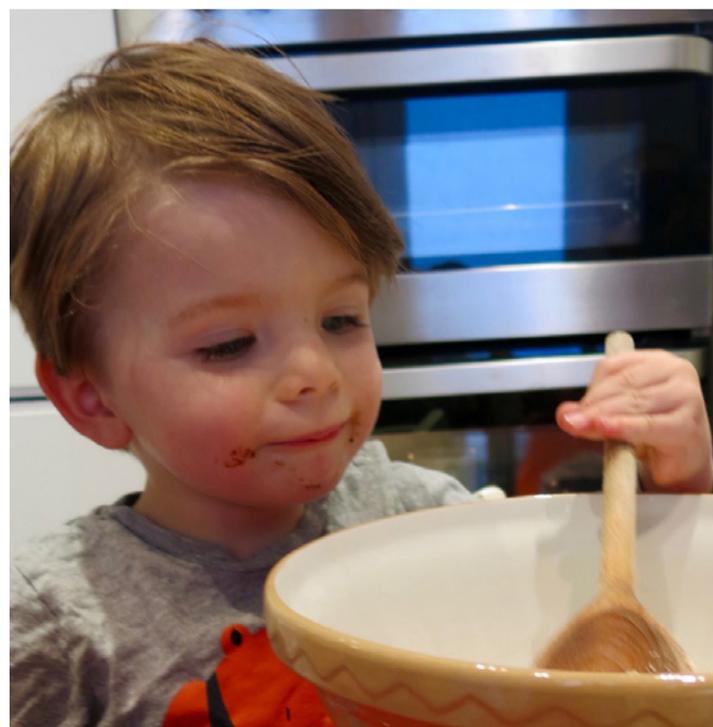


COCONUT AND RASPBERRY GEMS...

BY SARA JACKSON

Now that the weather in the northern hemisphere is starting to warm up, we can think about getting outdoors and enjoying some quality family time in the outdoors. This simple and super healthy recipe for coconut and raspberry muffins is a great addition to any picnic lunch or makes a fabulous healthy after school snack too. They're packed full of healthy antioxidants, good fats and protein so you know they're doing you good while they taste delicious!

Protein packed breakfast on the go! This super healthy gluten free snack is super easy to make and one the whole family can join in on.



This is one of my toddler's fave snacks, and as it's super healthy, it gets cooked in our kitchen on a regular basis. I really like easy muffin recipes as I find they're popular with kids as a perfect lunchbox treat, quick breakie or after school

snack. Being so full of protein, these muffins will keep them going without any crazy sugar highs as there's no refined sugar here. I also love them as a post work out snack, so they're an all-round winner.

MAKES:

12-16 muffins depending on how big your cases are.



INGREDIENTS:

- 2 cups = 360g of ground almonds
- 1/2 cup = 90g of dessicated coconut
- 1 teaspoon of gluten free baking powder
- 1 tablespoon protein powder (optional)
- 1/2 cup = 110g of coconut or rapadura sugar (good unrefined options - find these in a big supermarket/healthfood store or on Amazon!)
- 4 eggs
- 1 teaspoon of vanilla bean paste
- 2 tablespoon of chia seeds
- 1/2 cup = - roughly 4 heaped tbsps of extra raw virgin coconut oil (melted)
- 1/2 cup of fresh or frozen raspberries, blueberries, blackberries or any type of berry! (use as many as you like)



METHOD:

1. Preheat oven to 180 C.
2. Line a muffin tray with muffin cases.
3. In a large bowl mix together the almonds, coconut sugar, chia seeds, desiccated coconut & baking powder.
4. In a separate bowl, whisk together the eggs, coconut oil & vanilla bean paste.
5. Pour the egg mixture into the bowl of almond mixture and stir until well combined.
6. Pour the mixture into the muffin cases and dot with berries, pushing them down into the mix slightly so they go all gooey and jammy when they bake.
7. Bake for approximately 20 minutes or until golden on top.

Store in an air-tight container and they will keep for 4 or 5 days.

“I always love to hear your thoughts, what you want to learn more about or need help with in your own families, so please do get in touch and have a look at my website and follow me on instagram ([sjhealth.co.uk](https://www.sjhealth.co.uk)) for more top tips and healthy recipe ideas! ”



About the author

Sara Jackson hails from Sydney, Australia but now lives and runs a busy clinic in London. She is a registered nutritional therapist and naturopath, consultant, home cook and a busy mum of two. She's here to help you and your family become a whole lot happier and healthier. Sara can be contacted on :



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