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GlucaChol-22

NEW



Date Muffins

INGREDIENTS

- 180g pitted dates, chopped
- zest of 1 orange
- 65ml orange juice
- 95g soft brown sugar
- 125ml sunflower oil
- 125g yoghurt
- 2 eggs, lightly beaten
- 150g GlucaChol-22
- 120g plain flour
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon



For a healthy heart

- Assists with cholesterol lowering
- 100% Natural ingredient
- Effective within weeks

DIRECTIONS

1. Preheat the oven to 180C and line a 12-hole muffin tin with paper cases
2. Put the dates and 185ml boiling water in a bowl and leave to soak for a few minutes. Meanwhile, put the orange zest and juice, sugar, oil, yoghurt, eggs, GlucaChol-22, flour, baking powder and cinnamon in another bowl. Add the dates and their soaking water and mix together well
3. Spoon into muffin cases and bake for 25-30 minutes, or until a skewer comes out clean when poked into the middle
4. Cool on a wire rack

 Innovation
Based on Science

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GlucaChol-22™ with Oatwell™ Proven to lower bad cholesterol naturally