

# SEASONAL FRUIT MUFFINS

**MAKES: 12 SMALL MUFFINS.**

It's great fun to invent different flavour combinations by mixing fresh, seasonal fruits in this muffin recipe.

Check out some suggestions below, or make up your own.



## SEASONAL OPTIONS

**SUMMER: PEACHES AND RASPBERRIES**

**AUTUMN: CINNAMON AND PEAR**

**WINTER: LEMON, ORANGE AND POPPY SEED**

**SPRING: APPLE AND STRAWBERRY**

**TIP: MAKE A SAVOURY VERSION BY USING ROASTED OR GRATED VEGETABLES, FRESHLY CHOPPED HERBS AND A SPRINKLE OF REDUCED-FAT CHEESE.**



## EQUIPMENT

- |   |  |
|---|--|
| <input type="checkbox"/> measuring cup            | <input type="checkbox"/> cook's knife        |
| <input type="checkbox"/> bowls – 1 large, 1 small | <input type="checkbox"/> 12-hole muffin tray |
| <input type="checkbox"/> mixing spoons            | <input type="checkbox"/> skewer              |
| <input type="checkbox"/> chopping board           | <input type="checkbox"/> wire cooling rack   |

## INGREDIENTS

- ☐ 1 ½ cups self-raising flour
- ☐ 2 ripe bananas (mashed)
- ☐ ⅔ cup reduced-fat natural yoghurt
- ☐ 1 egg
- ☐ ½ cup sunflower oil, plus 1 tsp extra for greasing
- ☐ 1 cup raspberries (frozen berries work well too, or try any seasonal fruit)

## WHAT TO DO

1. Preheat the oven to 180°C.
2. Pour the flour into the large bowl.
3. Create a well in the centre of the flour mix.
4. Mix together the yoghurt, egg, mashed banana and oil into the small bowl.
5. Pour the egg mix into the flour and gently combine, adding the raspberries (don't over work the batter).
6. Spoon the batter into lightly greased muffin tray. Bake for 20–25 minutes or until a skewer inserted into the middle of the muffin comes out clean.
7. Stand for 5 minutes on wire cooling rack. This will make the muffins easier to remove from the tray. After 5 minutes, remove muffins from tray and serve.

