



Seasonal Fruit Muffins

Season: All

Makes: 24 small or 36 mini muffins

Fresh from the garden: eggs, seasonal fruit

Choose fruit that you have in season and that you think will work well in a muffin. Or substitute fresh herbs such as parsley, dill and chives and 50 g grated parmesan for a savoury muffin.

Equipment:

metric measuring cups
bowls – 1 large, 1 small
2 mixing spoons
clean tea towel
chopping board
cook's knife
24-basin or 36-basin muffin tray
baking paper (optional)
wire cooling rack
serving platters

Ingredients:

3 cups self-raising flour
1 cup castor sugar
 $\frac{3}{4}$ cup natural yoghurt
2 eggs
 $\frac{3}{4}$ cup sunflower oil, plus extra for greasing
1 cup seasonal fruit, roughly chopped

What to do:

1. Preheat the oven to 180°C.
2. Mix the flour and sugar together in the large bowl.
3. Create a well in the centre of the flour mix.
4. Mix together the yoghurt, eggs and oil in the small bowl.
5. Pour the egg mix into the flour and gently combine, gradually adding the chopped fruit (don't over work the batter).
6. Spoon the muffins into lined or lightly greased muffin tins.
7. Allow the muffins to rise for 5–10 minutes.
8. Place the trays into the oven and bake for 20–25 minutes.
9. Cool for 5 minutes on wire racks before serving.
10. Transfer to your platter to serve.

