



# Peach Muffins (Using Frozen Peaches)



<b>Equipment</b>	<b>Ingredients</b>
<ul style="list-style-type: none"><li>• Large mixing bowl</li><li>• Medium mixing bowl</li><li>• Measuring cups</li><li>• Measuring spoons</li><li>• Whisk or fork</li><li>• Rubber scraper or wooden spoon</li><li>• Chopping board</li><li>• Cook's knife</li><li>• 24 mini-cup muffin tray</li><li>• Cooling rack (<i>optional</i>)</li></ul>	<p>(Makes 24 mini muffins)</p> <ul style="list-style-type: none"><li>• 2 cups plain flour</li><li>• <math>\frac{1}{2}</math> cup sugar (white or light brown)</li><li>• 2 tsp baking powder</li><li>• <math>\frac{1}{2}</math> tsp cinnamon (optional)</li><li>• Pinch of salt</li><li>• 1 cup frozen peaches, chopped (do not thaw)</li><li>• <math>\frac{1}{3}</math> cup vegetable oil or melted butter</li><li>• 1 large egg</li><li>• <math>\frac{3}{4}</math> cup milk</li><li>• 1 tsp vanilla extract</li></ul> <p>Optional for topping – <math>\frac{1}{4}</math> cup oats sprinkle raw sugar for topping</p>

## **Method**

Preheat oven to 180°C (160°C fan-forced). Line a 24 mini-cup muffin tray.

Chop frozen peaches into small chunks and toss lightly with 1 tbsp flour to prevent sinking.

In a large bowl, whisk together flour, sugar, baking powder, cinnamon and salt.

In a separate bowl, whisk oil (or butter), egg, milk and vanilla.

Add wet ingredients to dry ingredients and stir gently until just combined.

Fold in peaches carefully. Do not overmix.

Spoon mixture into muffin cases, filling about  $\frac{3}{4}$  full.

Sprinkle tops with oats or raw sugar if using.

Bake for 20–25 minutes, until golden and a skewer inserted comes out clean.

Cool slightly before serving.

**Tip:** Serve with lemon wedges or a dollop of yoghurt or ricotta