



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.

Equipment:

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

Ingredients:

3 cups self-raising flour
1 cup castor sugar
1 cup natural yoghurt
2 eggs
¾ cup sunflower oil, plus extra for greasing
2 cups 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 mixture into lined or lightly greased muffin tins.
7. Place the trays into the oven and bake for 20–25 minutes.
8. Cool for 5 minutes on wire racks before serving.
9. Transfer to your platter to serve.

