

STRAWBERRY AND BANANA MUFFINS

EQUIPMENT

LARGE AND SMALL MIXING BOWLS, WHISK, RUBBER SPATULA, SPOON,
MUFFIN MOULDS OR PATTY PANS, METAL OR BAMBOO SKEWER, CHEF KNIFE

INGREDIENTS

260GM SELF RAISING FLOUR, 70GM CASTER SUGAR, 70GM BROWN SUGAR, 150GM MILK,
50GM VEGETABLE OIL, 100GM MELTED BUTTER, 2 EGGS, ¼ VANILLA BEAN,
PINCH OF GROUND CINNAMON, 8 STRAWBERRIES, 1 BANANA

METHOD

IN A LARGE MIXING BOWL PLACE FLOUR, BOTH THE SUGARS AND CINNAMON, WHISK BRIEFLY AND SET ASIDE

IN ANOTHER MIXING BOWL PLACE THE MILK, EGGS AND OIL, SPLIT THE VANILLA BEAN AND SCRAPE OUT THE SEEDS, WHISK TOGETHER UNTIL WELL COMBINED.

ADD THE EGG MIX TO THE FLOUR AND SUGAR MIX AND WHISK IN UNTIL WELL COMBINED AND SMOOTH

POUR IN THE MELTED BUTTER AND WHISK AGAIN UNTIL COMBINED

PEEL AND ROUGHLY DICE THE BANANA, HULL THE STRAWBERRIES AND DICE ALSO, ADD THE FRUIT TO THE MIX AND FOLD IN WITH A RUBBER SPATULA

LAY OUT MUFFIN MOULDS OR PATTY PANS AND SPOON IN THE MIX FILLING THE MOULDS $\frac{3}{4}$ FULL

PLACE THE MUFFINS IN A PRE-HEATED OVEN COMBI SETTING 165 DEGREES FOR 20-25 MINS

ONCE BAKED INSERT A SKEWER TO ENSURE THEY ARE COOKED THROUGH, THE SKEWER SHOULD COME OUT CLEAN

DUST WITH ICING SUGAR AND SERVE WARM WITH BUTTER

HINTS & TIPS

- USE THIS RECIPE AS A BASE TO YOUR MUFFINS, CHANGE THE FRUITS AND EVEN ADD CHOCOLATE BITS FOR DIFFERENT FLAVOURS
- THE BASE MIX WILL KEEP IN THE FRIDGE FOR 3-4 DAYS SO IT CAN BE MADE IN ADVANCE WITHOUT THE FRUIT