

Easter Muffins

Ingredients:

- (1) 135g dried cranberries
- (1) 1 cup (150g) currants
- 2 ½ cups (375g) self raising flour
- ½ teaspoon bicarbonate of soda
- 2 teaspoons ground cinnamon
- ½ teaspoon ground nutmeg
- (2) 2/3 cup (165ml) sunflower oil
- 1 cup (250ml) buttermilk
- 2 eggs
- (3) 200g castor sugar + 2 extra tablespoons
- 80g icing sugar
- 1 teaspoon lemon juice

Method:

1. Preheat oven to 200°C. Grease a 12 muffin tray and line with paper cases
2. Soak fruit in boiling water (enough to cover) for 10 minutes. Drain well, then pat dry with paper towel
3. Sift flour, soda and spices in to large bowl. In separate bowl, whisk oil, buttermilk, eggs and sugar until well combined. Add to dry ingredients and stir to combine. Gently stir in the fruit
4. Divide the mixture among the muffin cases, then bake for 20-25 minutes until lightly browned and a skewer inserted to the centre comes out clean. Cool completely on a wire rack
5. Meanwhile, stir the extra 2 tablespoons of castor sugar and 2 tablespoons of water in a pan over heat until sugar is dissolved. Brush the glaze over the muffins
6. Sift the icing sugar in a small bowl, add lemon juice and just enough hot water to make thick icing. Use a piping bag or a spoon to drizzle a cross on each muffin

Modifications:

- *(1) Halve the dried fruit (½ cup cranberries + ½ cup currants)*
- *(2) Swap the sunflower oil for reduced fat, unsaturated margarine*
- *(3) Reduce the sugar to 150g (the dried fruit is already sweet)*
- If 12 muffins are made as recommended, these are super-sized! Try making more moderate cupcake-sized muffins – the mixture should stretch to about 20 muffins. Doing this and making the other modifications can reduce the energy by about 45% per muffin!
- For some extra fibre you could try halving the flour with wholemeal flour
- Some people have also added mixed spice instead of the cinnamon and nutmeg for a different flavour
- Nutritional analysis (with modifications) per serve: 757kJ, 30g carbohydrate, 1.7g fibre, 5g fat, 1.1g saturated fat, 64.2g protein, 220mg sodium.