



Recipe of the Month- February 2008

Poppy Seed Muffins

Make 12

Enjoy as a lovely breakfast or packed into a lunchbox with a unique note.

Ingredients:

500ml	Cake Flour
15ml	Baking powder
125ml	Sugar
Pinch of salt	
5ml	Orange / Lemon rind
50ml	Poppy seed
100ml	Oil
250ml	Orange juice
3	Eggs, separated

Method:

1. Pre heat oven to 200°C
2. Sieve dry ingredients together.
3. Add lemon/orange rind as well as poppy seeds to dry ingredients.
4. Whisk oil, orange juice, and egg yolks together. Add the dry ingredients and mix lightly.
5. Whisk egg whites until stiff and shiny and fold into mixture.
6. Place into greased muffin pan. For added colour, pour mixture into red or pink paper cups.
7. Bake at 200°C for 20-25 min.



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