

## Whakaipo Lodge Fruit & White Chocolate Muffins



### Ingredients:

1  $\frac{3}{4}$  cup plain/all-purpose flour (265gm)  
2 tsp baking powder  
 $\frac{1}{2}$  tsp baking soda  
 $\frac{3}{4}$  cup caster/superfine sugar (170gm)  
 $\frac{3}{4}$  cup white choc chips  
1 cup chopped fresh or frozen fruit (strawberries, raspberries, plums etc)  
1 cup milk  
 $\frac{1}{3}$  cup plus 2 tsp vegetable oil (eg canola)  
1 egg  
1 tsp pure vanilla extract (or  $\frac{1}{2}$  tsp vanilla paste – EquaGold)

### Method:

Line a 12 hole muffin tin with greaseproof muffin cases. Preheat oven to 200C (400F). Sift the flour, baking powder and baking soda into a large mixing bowl. Add sugar and the chocolate chips and mix well. Pour all the liquid ingredients into a measuring jug or small bowl. Add the fruit and liquid to dry ingredients. **Lightly** mix the dry and wet ingredients together. (A lumpy mixture makes the best muffins!). Spoon into greaseproof muffin cases. Bake for 18-20mins until the muffins are risen and spring back when gently pressed in the centre. Once cool sprinkle with icing sugar.  
*Makes 12 medium muffins. ENJOY!*

### Variations:

**Double Dark Chocolate Muffins:** Add 2 Tbsp sifted good-quality Dutch Cocoa (Equagold) to dry ingredients & replace white choc chips with 1 cup dark chocolate chunks, reserving  $\frac{1}{4}$  cup for the top. Do not use fruit. Proceed as above. After filling muffin cases top each muffin with a couple of chocolate chunks.

**Banana & Dark Chocolate Muffins:** Add 1 Tbsp sifted Dutch Cocoa to dry ingredients. Mash two-three medium, very ripe bananas in place of fruit mentioned above. Add to liquid ingredients (in a bowl rather than a jug) and mix in well. Use dark choc chunks/chips instead of the white chocolate chips. Proceed as above.

**Fresh Fruit Salad & Cream Cheese Muffins:** Use 1  $\frac{1}{2}$  cups of chopped, left over fresh fruit salad (or tinned), drained well and mixed into liquid ingredients in a bowl. Don't use chocolate chips. Place a tablespoon of combined mixture into each muffin case and then add a large teaspoon of spreadable cream cheese. Top with more muffin mixture to cover the cream cheese. Bake as above.

**Savoury Muffins:** Do not use sugar, vanilla or chocolate chips. Add 1 cup grated cheese to the dry muffin mix. I also like to add  $\frac{1}{2}$  tsp sweet, smoked paprika and seasoning to the dry mix. Use whatever savoury fillings you

wish to approx. 1-1 ½ cups. (A mix of grated zucchini, whole kernel corn, roasted red peppers and a teaspoon or two of basil pesto is great.) Add to wet ingredients mix in a bowl. Add extra grated cheese to the top of each muffin prior to baking.