

Date and orange muffins

Serves 12

Ingredients	
1 (160g) orange, peeled, roughly chopped and seeded	1 teaspoon (5g) bicarbonate of soda
1 egg	1 teaspoon (5g) baking powder
110ml milk	1 teaspoon (5g) ground cloves
75g chopped pitted dates	1 teaspoon (5g) ground ginger
110g unsaturated spread	225g plain flour

- METHOD:
- Preheat oven to 200 C / Gas 6. Grease the muffin tin or line with paper muffin cases.
- Place the orange pieces into a bowl with the egg, milk, dates and spread. Use an electric hand mixer and whisk until the mixture is thick and fairly smooth.
- In a separate bowl, stir together the flour, sugar, bicarb, baking powder, cloves and ginger. Stir the flour mixture into the orange mixture gently with a wooden spoon or spatula until combined. Don't worry about any lumps that may be present.
- Fill each muffin case to just under the rim with batter.
- Bake in preheated oven for 20 minutes, until a skewer inserted into centre of muffin comes out clean. Let the muffins stand in the tin for five minutes, then remove to wire racks for cooling.



- ✓ COOK'S TIP: FOR PUREE DIETS SERVE A FRUIT PUREE PREVIOUSLY PREPARED AND FROZEN
- ✓ FOR DAIRY FREE DIETS USE SOYA MILK AND DAIRY FREE SPREAD
- ✓ FOR WHEAT FREE DIETS USE WHEAT FREE FLOUR

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
275	6	11	39	15	0.4	0.8	59