

Caribbean Treat Muffins

These muffins will bring a bit of sunshine into your life! Adding pineapple and coconut gives a taste of the Caribbean. They are delicious served warm as a dessert with a little crème fraîche.



Egg, milk, sulphites and wheat (gluten)*

Nutritional information per portion (97g):

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|------------------------------------|--------------------------|---------------------------------|-----------------------------|----------------------------|
| Energy 1001kJ 239kcal 12% | Fat 11g 15% | Saturates 3.5g 18% | Sugars 19g 21% | Salt 0.49g 8% |
|------------------------------------|--------------------------|---------------------------------|-----------------------------|----------------------------|

of an adult's reference intake.
Typical values per 100g: energy 1032kJ/246kcal.

Equipment

Weighing scales
12 hole muffin tin
Paper muffin case x 12
Can opener
Colander
Large bowl
Chopping board
Sharp knife
Vegetable peeler
Grater
Measuring spoons
Mixing bowl
Wooden spoon
Measuring jug x 2
Fork
Metal spoon
Oven gloves
Pan stand
Wire rack

Ingredients

Makes 12 muffins
1 x 227g can unsweetened slices OR chunks pineapple (plus 1 x 15ml spoon juice from the can)
1 large carrot
250g self-raising flour
140g soft brown sugar
50g desiccated coconut
1 x 5ml spoon ground cinnamon
1 x 5ml spoon bicarbonate of soda
85ml sunflower oil
2 eggs
200ml semi-skimmed milk
1 x 5ml spoon vanilla extract
50g sultanas

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



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Method

1. Preheat the oven to 200°C/180°C fan or gas mark 6.
2. Put the paper cases into the muffin tin.
3. Open the can of pineapple. Place the colander over a large bowl and drain the pineapple, catching the juice in the bowl below. Chop into small pieces.
4. Wash the carrot and chop the ends off (top and tail). Peel and grate the carrot.
5. Mix together the dry ingredients (flour, sugar, desiccated coconut, ground cinnamon and bicarbonate of soda) in a mixing bowl.
6. Place the oil in the measuring jug.
7. Beat the eggs separately in a second measuring jug and add to the oil. Rinse out the jug.
8. Add the milk, vanilla extract and 1 x 15ml spoon pineapple juice to the oil and egg mixture.
9. Pour the wet ingredients into the dry ingredients and stir until combined. Gently fold in the carrots, drained pineapple and sultanas.
10. Spoon the mixture into the paper cases.
11. Bake for 15–20 minutes, until risen and just golden.
12. Cool on the wire rack. Delicious served warm.

Something to try next time

- Serve warm with 1 x 10ml spoon reduced-fat crème fraîche.

Prepare now, eat later

- Cool the muffins and store in an airtight tin for up to 2 days.
- Muffins are best eaten straight away but any leftover freshly baked muffins can be frozen for up to 1 month. Defrost before eating.

Skills used include:

Weighing, measuring, peeling, chopping, grating, mixing/combining, baking and cooling.