
© CHEF DALE SNIFFEN RECIPE

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©Lemon and Raspberry Yoghurt Muffins

Makes 12

Baking time 20 minutes @ 180C

Prep list

350gm Plain flour

170gm Whole meal flour

1 teaspoon baking powder

1/2 cup Coconut Palm Sugar

1/2 cup Mundella Vanilla Yoghurt

1/4 cup Pink lady puree = 1 apple

4 tbsp Honey

1 tbsp Vanilla extract

2 egg beaten

1 lemon juice and zest

1 cup Frozen Raspberries *banana, blueberries, apple, stone fruit

Method

● Dry Bowl

● Shift both flours and baking powder twice into a large mixing bowl

● Stir through sugar, set aside

● **Wet Bowl** Combine yoghurt, apple puree, honey, vanilla, eggs, lemon juice and zest

● Combine wet bowl into dry

● Fold in frozen raspberry

● Portion out into 12 lined muffin tin

● NOW fire up the oven, leaving the batter to rest while the oven coming up to temperature will make all the difference

● Light and fluffy muffins

*swappable fruit replacements