



PREP: 20 min
COOK: 25-28 min
SERVES: 12

Mixed Berry & Coconut Muffins

Good muffins should have substance, should be dense with fruit, include wholemeal flour to add texture and be subtly spiced - you'll find all of this and more in this Mixed Berry & Coconut recipe!

Ingredients

1 cup (150g) plain flour
1 cup (150g) plain wholemeal flour
1 tbsp baking powder
1 cup (185g) raw caster sugar
2 3 cup (50g) shredded coconut
300g frozen mixed berries
3 4 cup (185ml) buttermilk
1 3 cup (80ml) light olive oil, safflower or sunflower oil
2 eggs, at room temperature
1 1 2 tsp Natural Organic Vanilla Extract

Method

STEP 1

Preheat oven to 190°C (170°C fan-forced). Line 12 x 80ml (1 3 cup) muffin tray holes with muffin paper cases.

STEP 2

Sift together both flours, baking powder and cinnamon into a large mixing bowl, returning any husks to the bowl. Stir in the sugar and coconut. Gently stir in berries. Make a well in the centre.

STEP 3

Use a fork to whisk together buttermilk, oil, eggs and vanilla in a bowl. Add to the flour mixture and use a spatula or large metal spoon to fold together until just combined. (Don't overmix – the batter should still be a little lumpy.)

STEP 4

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Method

Spoon mixture into the paper cases, dividing evenly. Bake for 25-28 minutes or until the muffins are golden and cooked when tested with a skewer. Cool for 3 minutes in the tin, then turn out onto a wire rack. Serve warm or at room

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