

Hot Cross Muffins

Traffic light category: **Amber**

Serves: 24

Ingredients

- » 1½ cups self-raising flour
- » 1 cup wholemeal self-raising flour
- » ½ teaspoon bicarbonate of soda
- » 2 teaspoons ground cinnamon
- » ½ teaspoon ground nutmeg
- » ½ cup canola oil
- » 1 cup reduced fat milk
- » 2 eggs
- » ¾ cup sugar
- » ¼ cups mixed dried fruit or sultanas
- » ¼ cup plain flour
- » Water

Method

1. Preheat oven to 180 degrees. Line two 12-hole muffin trays with paper cases
2. Sift flour, bicarb soda and spices into a large bowl
3. In a separate bowl, whisk together the oil, eggs, milk and sugar. Add to the dry ingredients and stir to combine. Gently stir in the fruit
4. Divide the mixture among the muffin cases
5. To make the crosses, mix the plain flour with a small amount of hot water to form a thick paste. Place in piping bag and pipe crosses over the muffins
6. Bake for 15-20 minutes until lightly browned and a skewer inserted into the centre comes out clean. Cool completely on a wire rack.

Nutrition information panel		
Nutrient	Per serve	Per 100g
Weight	54g	100g
Energy	696kJ	1279kJ
Protein	2.9g	5.3g
Total fat	6.1g	11.20g
Saturated fat	0.67g	1.24g
Carbohydrate	24.6g	45.2g
Sugars	13.1g	24.1g
Dietary fibre	1.8g	3.3g
Sodium	162mg	297mg

Tip: If you don't have a piping bag, place the paste in a zip lock bag, snip off one corner and pipe away.



Recipe source: adapted from Healthy Kids Association