

Cranberry & Orange Breakfast Muffins



Makes: 12 large muffins (24 regular)

150 g	wholemeal flour
150 g	plain flour
250 g	Chelsea Raw Sugar
5 g	cinnamon
2 g	nutmeg
2 g	allspice
10 g	baking soda
5 g	baking powder
3 g	salt
75 g	pumpkin seeds, divided
50 g	sunflower seeds
330 ml	vegetable oil
350 g	grated carrot (approximately 2 large carrots)
2	oranges (zest only)
150 g	dried cranberries
100 g	sultanas
4	eggs

Method

Preheat oven to 180°C bake. Line a 12-hole Texas muffin tin with paper cases.

Mix dry ingredients (wholemeal flour through to sunflower seeds) together in a bowl. In a larger bowl, combine oil, carrot, orange zest, cranberries and sultanas. Add dry ingredients and mix until just combined.

Whisk eggs with a fork and add to mixture, stirring until just combined. Do not overmix. Divide mixture between paper cases and sprinkle with pumpkin seeds.

Bake for 30 minutes, until cooked through (test with a skewer). Leave to cool in tins for 5 minutes then transfer to a wire rack to cool completely.

Variations

- **Top with orange cream cheese icing:** Beat together 125g cream cheese, 75g butter, 400g **Chelsea Icing Sugar**, zest of 1 orange and 30ml orange juice. Pipe onto muffins.
- **Apple & Walnut:** Replace cranberries and orange zest with 2 grated apples and 50g chopped walnuts. Use 5g ground ginger in place of the nutmeg and allspice.
- **Chocolate Chip:** Add 120g chocolate chips to the batter.

Cranberry
& Orange

Nutrition

Contains gluten (wheat), dairy and eggs.

Service

Serve warm or at room temperature with butter.
Muffins keep well for 3 days stored in an airtight container.

TOTAL COST*	\$6.76
COST PER PORTION	\$0.56
GROSS PROFIT %	70%
SALES TAX %	15%
MIN. SELLING PRICE (per portion)	\$2.16

*Cost based on average wholesale prices February 2018



More recipes at chelsea.co.nz/foodservice