

RASPBERRY COCONUT MUFFINS



FOOD SERVICE



A popular store-cupboard muffin which can be made quickly using items likely to be on hand – desiccated coconut, canned coconut milk and frozen raspberries.

RASPBERRY COCONUT MUFFINS



MAKES 12

INGREDIENTS

		Approx Unit Price	Approx Ingredient Cost
300g	plain flour, sifted	0.00166	\$0.50
10g	baking powder	0.00980	\$0.10
225g	Chelsea Caster Sugar	0.00233	\$0.52
4g	salt (1 tsp)	0.00108	\$0.00
40g	desiccated coconut, plus extra to sprinkle	0.00664	\$0.27
150ml	Simply Pure Canola Oil	0.00240	\$0.36
2	no. 6 eggs	0.20967	\$0.42
225ml	coconut milk	0.00440	\$0.99
225g	frozen raspberries (do not defrost before using)	0.00999	\$2.25
Filling			
60g	cream cheese	0.01039	\$0.62
Icing (optional)			
10g	extra desiccated coconut	0.00664	\$0.07
75g	butter	0.00718	\$0.54
250g	Chelsea Icing Sugar	0.00280	\$0.70
80g	desiccated coconut	0.00664	\$0.53
50g	frozen raspberries, defrosted and drained of excess liquid	0.00999	\$0.50

METHOD

Preheat oven to 200°C and grease a 12 hole Texas muffin tin or line with paper cases.

Mix together flour, baking powder, caster sugar, salt and desiccated coconut in a large bowl.

Mix together the oil, egg and coconut milk.

Gradually mix the wet ingredients into the dry ingredients and when smooth gently mix in the frozen raspberries.

Divide mixture evenly into prepared muffin tin, push a small piece of cream cheese into the centre of each muffin then sprinkle with extra desiccated coconut.

Bake 20-25 minutes. Allow to cool slightly in the tin, then turn onto a wire rack to cool.

Icing (optional): Heat a frying pan over medium heat and dry-toast the 10g desiccated coconut until lightly browned. Set aside to cool.

Cream the butter and icing sugar together until pale and fluffy. Beat in the 80g desiccated coconut and defrosted drained raspberries. Spread cooled muffins with icing and sprinkle with the toasted coconut.

VARIATIONS

- Bake in mini rectangular loaf tins.
- Vary the berry filling with any other frozen berries or fresh berries in season.

PROFIT

- Cost of goods is \$0.70 exc. GST, and a selling price of \$2.67 inc. GST will return 70% gross profit. A more realistic selling price of \$3.50 inc. GST would return 77% gross profit.

NUTRITION

- Raspberries are a good source of vitamin C.
- Contains wheat, eggs and dairy products.

SERVICE

- Best baked fresh daily, but may be frozen if necessary. Defrost frozen muffins and reheat in a hot oven for a few minutes to reconstitute.
- Place on counter as impulse item.
- Also good as catering item: make in smaller muffin tins for such events.
- Serve warm with a dollop of crème fraîche or Greek yoghurt.

TOTAL COST	\$8.37
COST PER PORTION	\$0.70
GROSS PROFIT %	70%
SALES TAX	15%

MIN. SELLING PRICE \$2.67

Costs based on average wholesale prices at February 2014