

CAKE, SPONGE & MUFFIN**WELLNESS MUFFIN**

A muffin mix that can allow a 97% Fat Free or Reduced Fat claim and delivers a delicious taste and texture.

BASIC RECIPE

INGREDIENTS	97% FREE	REDUCED FAT (KG)
MAURI Wellness Muffin Mix	1.000kg	1.000kg
Water	0.450L	0.245L
Egg	7 x 50g	7 x 50g
Fruit (see note below)	0.300kg	0.300kg

METHOD**STEP 1**

Place water and egg in a bowl. Add Wellness Muffin Mix.

STEP 2

Using a beater, mix on low speed for 1 minute.

STEP 3

Scrape down, then mix for a further 3 minutes on medium speed.

STEP 4

Add fruit and mix for 30 seconds on low speed.

STEP 5

Scale at 80g and deposit into muffin tins. Bake at 210°C until baked.

NOTE

To make a 97% Fat Free or Reduced Fat claim, you must have 300g of any of the following fruits, per 1kg of Wellness Muffin mix. Diced Apple, Banana Pulp, Fresh or Frozen Blueberries or Mixed Berries.