

GARDEN TO TABLE

RECIPE: CRUNCHY LEMON MUFFINS - Alison Holst

VOLUNTEER NOTES : Check understanding of different cup measures and how to measure accurately. Check understanding of words in **bold**.

1C of self raising flour = 1C of plain flour + 1t baking powder

What to collect	Ingredients
Muffin pans Bowls - 2 large and 1 small Measuring cups and spoons Wooden spoon zester Lemon squeezer 2 spoons	2 cups self-raising flour $\frac{3}{4}$ cup sugar 5 tablespoons oil 1 cup milk 1 egg, preferably size 7 zest of 2 lemons $\frac{1}{4}$ cup lemon juice $\frac{1}{4}$ cup sugar Oil spray
1. Preheat oven to 200°C with a rack in the middle of the oven. 2. Grease muffin pans by lightly spraying with oil. 3. In a large bowl mix flour and sugar together. 4. In another large bowl mix together oil, milk, egg and lemon zest. 5. Tip the liquid mixture into the dry ingredients and fold them together. Mix just until the flour is dampened but NOT until the mixture is smooth. 6. Using two spoons, put spoonfuls of mixture into greased muffin pans. 7. Bake for about 10 minutes or until lightly browned. 8. While muffins cook, put $\frac{1}{4}$ cup lemon juice in a small bowl. Have $\frac{1}{4}$ cup of sugar ready to add to the juice after the muffins come out of the oven.	

9. Remove muffins from tins. Dip the top half of each muffin into the juice and sugar mixture before putting on a wire rack to cool.