



## SCROGGIN MUNCHIES MUFFINS

Preheat oven to 200°C/400°F/ Gas 6. Line a 12 hole muffin tin with paper cases

### What you need:

- 1 quantity of our Scroggin Munchies base mix *\*see below*
- ½ cup of rice bran oil or similar
- 2 eggs size 7 @ room temperature
- 2 level tsp gf baking powder
- 1 level TBS soft brown sugar
- 1 cup of milk (note 1)

### To make:

Measure one quantity of the Scroggin Munchies base mix into a large bowl. Add sugar and extra measure of baking powder and thoroughly blend together. In a separate jug whisk the oil and eggs, then add the milk. Pour the liquid into the dry ingredients and gently fold through until just combined. Don't overmix. Evenly divide the mix between the paper cases. Bake for 10-12 minutes or until they spring back in the middle when lightly touched (ovens will vary). Remove from the oven and allow to cool. Sprinkle with a little cinnamon sugar if desired.

### NOTES:

1. For dairy free use non dairy milk of choice

**TIP:** These muffins freeze exceptionally well and are a great morning tea or lunchbox treat.

### SCROGGIN MUNCHIES BASE RECIPE:

- 140g of our everyday flour mix
- ½ level tsp gf baking powder
- ½ level tsp baking soda
- 50g finely chopped dried cranberries
- 60g desiccated coconut
- 60g gf chocolate chip
- 30g sunflower seeds
- 20g pumpkin seeds