

# CHOCOLATE, ORANGE & SPICE MUFFINS

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## INGREDIENTS

2 oranges, - zest and juice  
Milk to make up 250ml - you may not need this  
1 egg, - beaten well  
90 ml vegetable oil  
250 g plain flour  
2 tsp baking powder  
1/2 tsp salt  
1/2 tsp bicarbonate of soda  
5 tbsp unsweetened cocoa powder  
1 tsp ground cinnamon  
100 g sugar

## INSTRUCTIONS

**Step 1:** Preheat the oven to 190C. Line a muffin tin with paper cases (remember, muffin cases are bigger than cupcake cases, so if you're using a cupcake tray, this mix will probably make more than 12 and will need a little less cooking time).

**Step 2:** Pop the zest & juice from the oranges in a jug, then top up with enough milk reach 250ml.

**Step 3:** Add in the beaten egg and oil and stir well.

**Step 4:** In a large mixing bowl, sift the flour, baking powder, salt, bicarb, cinnamon and cocoa powder together. Add the sugar and mix to combine.

**Step 5:** Pour the jug of wet ingredients into the bowl of dry, and quickly and smoothly fold them together.

**Step 6:** Spoon into the awaiting cases and bake for 20 - 25 minutes until the tops spring back when pressed, and a skewer comes out clean.

**Step 7:** Let cool fully before storing or freezing.

# THE COOKERY

by The Secret Jozi Chef