

CHOCOLATE, ORANGE & SPICE MUFFINS

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