

CHOCOLATE, ORANGE MUFFINS**Food Fact:-**

Dark chocolate is a good source of Iron and magnesium, but should still be eaten in moderation.

Preparation time 5 mins

Cooking time 1-2 mins

Makes 6 large muffins

**REAL FOOD
WORKS**

CHOCOLATE, ORANGE MUFFINS**Ingredients**

1. Sift flour, cocoa powder and baking powder into a bowl.
2. Stir in sugar.
3. In a bowl beat egg, milk, zest and oil.
4. Pour into dry ingredients, stir briefly (do not over mix)
5. Pour into muffin cases, about half full, and cook on full power for 20-30 sec per muffin, (60-90 sec for a batch of six), or until top of muffin is just dry.
6. Leave to cool for about a minute then remove from the paper cases to prevent them getting soggy, squeeze a little orange juice over each one as they cool.
7. Mixture can be kept in a refrigerator for 2-3 days.

150/5oz plain flour
30g/1 oz dark cocoa powder
1½ tsp baking powder
55g/2oz caster sugar
Zest of one large orange
(preferably wax free and/or organic)
1 large egg beaten
125 ml/5fl oz milk
50ml/2 fl oz corn or sunflower oil

