

Raspberry Almond Muffins



Preparation time: 50 mins

Serves: 8 people

User Rating: ★★★★★

Publication: 30 May 2019

Categories: Lunchboxes & Snacks, Desserts, Vegetarian, Kid Friendly



Ingredients

- 250g self-raising flour
- 100g ground almonds
- 150g caster sugar
- ½ tsp bicarbonate of soda
- 3 eggs
- 300mL buttermilk
- Zest of a lemon or orange
- 1 vanilla bean, seeds scraped or 1 tsp of vanilla extract

- 100mL olive or other vegetable oil
- 250g fresh or frozen raspberries, plus extra to top
- Flaked almonds, to top

Method

1. Preheat oven to 180C. Line a muffin tray with muffin liners and set aside.
2. In a large bowl, combine the flour, ground almonds, sugar and bicarbonate of soda.
3. In another bowl whisk together the eggs with the buttermilk, zest, vanilla and oil until smooth.
4. Pour the wet ingredients into the dry ingredients and mix until just combined. Gently stir in the raspberries and divide the batter amongst 8 muffin liners.
5. Top each muffin with 3 raspberries and a scattering of flaked almonds.
6. Bake in the preheated oven for 30 minutes or until a skewer comes out clean when inserted.
7. Allow to cool for a few minutes in the tin then transfer to a wire rack to cool completely.

Recipe by Julia Busuttill

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
163g	1830kJ 437kcal	10.5g	22.6g	3.3g	45.8g	23.7g	403mg	4.5g

All nutrition values are per serve.