

Lemon & Poppy Seed Muffins

Serves: 12

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Cooking Utensils: Muffin Tray



Ingredients

Muffins

- 2 cups Plain Flour
- 1 tsp Baking Powder
- 1 tsp Bicarbonate of Soda
- ¼ cup Sugar
- 2 tbsp Honey
- 2 tbsp Milk
- 1 ¼ cups of Natural yoghurt
- 3¼ tbsp Margarine, melted
- 1 tbsp Lemon Rind, grated
- 1 tbsp Poppy Seeds

Syrup

- 2 tbsp Lemon Juice
- 6 tsp Water
- 2 tbsp Sugar

Method

1. Preheat oven to 190°C, grease muffin tin.
2. Sift flour, baking powder and bicarbonate of soda.
3. In a large mixing bowl combine sugar, honey, eggs, yoghurt, milk, melted margarine, lemon rind and poppy seeds.
4. Stir in sifted flour mixture until just combined. DO NOT OVERMIX.
5. Place the mixture into muffin tins.
6. Bake in oven for 15-20 minutes or until golden brown.
7. Combine lemon juice, water and sugar in a small saucepan, bring to the boil.
8. Continue to boil for 1 minute, stirring constantly.
9. Drizzle syrup over the muffins when you remove them from the oven, allow to cool in muffin tin for 5 minutes.
10. Gently turn onto cooling rack and allow cool.