

Kiwi Fruit Muffins

Workstation:

Equipment

Measuring cups
Measuring spoons
Wooden spoon
2 Large bowls
Small bowl
Whisk
Muffin tins
Chopping board
Non slip mat
Knife
Sieve

Ingredients

1 cup of kiwi fruit, diced
4 cups plain flour
2 tbsp baking powder
1 tsp salt
1 cup raw sugar
½ tsp cinnamon
2 egg lightly beaten
2 cups milk
2 tsp vanilla essence
½ cup olive oil

Method

1. **Preheat** oven to 200° C.
2. **Line** muffin tins with paper cupcake liners.
3. **Sift** flour, salt, sugar, cinnamon & baking powder in a large bowl
4. **Mix** well
5. **Beat** eggs in a small bowl.
6. In a large bowl **add** the beaten egg, milk, oil & vanilla
7. Slowly mix in the dry ingredients.
8. **Fold** in the chopped kiwi.
9. **Spoon** mixture into a cupcake liner
10. **Bake** for approx 25 minutes.
11. Muffins are cooked when slightly brown