



Lemon Poppy Seed Muffins

Equipment

Measuring cups & spoons

Zester and juicer

2 Mixing bowls

Mini muffin tray

Ingredients

1 1/2 cup plain flour

1/2 cup raw sugar

1 tsp baking powder

1/2 tsp baking soda

1/4 tsp salt

2 tbsp lemon zest

2 tbsp poppy seeds

1 cup greek yogurt

1/3 cup lemon juice

1 egg

75 g butter melted

1 tsp vanilla extract

What to do

Preheat the oven to 200°C and grease a mini muffin tray.

Task 1 : Mix the dry ingredients

Add the flour, sugar, baking powder, baking soda, salt & poppy seeds to a mixing bowl. Mix to combine.

Task 2 : Mix the wet ingredients

In another bowl add the yoghurt, lemon juice, egg, melted butter and vanilla and mix to combine.

Task 3 : Combine and bake

Pour the liquid ingredients into the dry ingredients. Use a large spoon to mix the two together. Stir only until the flour is fully incorporated into the liquid.

Spoon the batter into the muffin pan filling 3/4 of the way full. Bake for 17-20 minutes or until a toothpick comes out clean.

Task 4 : Cool and serve

Let the muffins cool for 5 minutes in the muffin tray, then carefully transfer the muffins to a baking rack to cool. Enjoy!



Source: choosingchia.com