

## **VEGAN & LACTOSE MUFFINS**

### **MUFFIN MIX**

- 100ml vegetable oil
- 250g flour
- 200g sugar
- 1tsp baking powder
- Soya milk 200ml

### **MARGARINE ICING (2 x muffins)**

- 2 tbsp margarine
- 4 tbsp icing sugar

### **METHOD**

Combine the dry ingredients in a mixing bowl, then add the liquids and mix until you get a smooth batter, if the mix is a little dry then add some more soya for a better consistency. The flavour of the muffin for that day will follow the same as the flavours for the standard cake except chocolate, on those days keep one as vanilla and the other with a teaspoon of jam in the middle.

### **BAKING**

Preheat the oven 180 degrees for 20minutes until golden brown, pierce with a skewer and if it comes out dry the muffins are baked. Place all the muffins on a cooling rack. When they are completely cooled you can then ice them.

For a muffin topping each chalet will have margarine in their chalet that is for the use of lactose free and vegan clients. Simply mix 2 tablespoons of room temperature margarine and 4 tablespoons of icing sugar to make a butter icing topping for the muffins.

Using your metal muffin tray place a paper muffin cup into each hole then carefully fill just slightly over half way in the cup to allow the batter to rise. Be careful not to spill batter over the edges of the cups as they will burn in the oven and it can also give you a bit of an uneven rise.

Make as many muffins as you can from the mix, you should roughly be able to get 24 muffins from the mix.

Serve two per person for afternoon tea as they are not as big as a standard slice of cake.

With the remaining muffins when they have cooled you will now place these in a large tupperware labelled with the dietary and the flavour. These will then be frozen ready for the next dietary client in the coming weeks. Please remember to lift your muffin out the night before allowing time for it to defrost.

This is how your muffin should look before it's iced



# GLUTEN FREE MUFFIN

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1 ½ cups of sugar  
300 gluten free flour  
1 ½ teaspoon baking powder  
1 tsp salt  
3 eggs  
1 1/2 cup milk  
½ cup veggie oil

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