



# Skinny Latte Seeded Muffins

10 Muffins



Easy

● up to 60 Min.



## Ingredients:

### Muffins:

10 Dr. Oetker Muffin Cases  
200 g Dates (chopped)  
20 ml Instant Coffee Granules  
1 Medium Egg (beaten)  
75 ml Sunflower Oil  
45 ml Milk Semi Skimmed  
175 g Wholemeal Plain Flour  
2 Dr. Oetker Baking Powder Sachets 2 Sachets  
25 g Sunflower Seeds  
25 g Chia Seeds  
25 g Pumpkin Seeds

### To Decorate:

65 g Icing Sugar  
2.5 ml Dr. Oetker Madagascar Vanilla Extract  
5 g Blueberries  
5 g Oranges Pieces  
5 g Pomegranate Seeds

## 1 Skinny Latte Seeded Muffins:

Preheat the oven to 190 C (170 C fan oven, 375 F, gas 5). Line a muffin or cupcake tin with 10 Dr. Oetker Muffin Cases.

- Put the dates in a saucepan with 175ml (6fl.oz) water and the coffee. Bring to the boil, cover and simmer gently for about 5 minutes until soft and pulpy. Remove from the heat, cool for 5 minutes then blitz with a hand blender or food processor for a few seconds until smooth. Leave to cool completely.
- Transfer the cooled date mixture to a mixing bowl and mix in the egg, oil and milk. Add the flour, Dr. Oetker Baking Powder and seeds and mix all the ingredients together until combined.
- Divide the mixture equally between the Muffin Cases, smooth the tops and bake for about 20 minutes until risen, lightly golden and just firm to the touch. Transfer to a wire rack to cool.



Registered office address: 4600 Park Approach, Thorpe Park, Leeds, West Yorkshire, LS15 8GB, UK. [www.oetker.co.uk](http://www.oetker.co.uk) Dr. Oetker (UK) Limited is registered in England with company number 4293376 and VAT number 789 0969 53. E-Mail: [crt@oetker.co.uk](mailto:crt@oetker.co.uk)



## 5 To Decorate:

To decorate, sift the icing sugar and into a bowl, add the Vanilla Extract and gradually mix in 5-10ml (1-2 tsp) warm water to make a soft, drizzling icing. Using a teaspoon, drizzle a little icing on top of each muffin. Sprinkle muffins with seeds or decorate the tops with fruit. Leave the icing to set for a few minutes. Your cakes are now ready to serve and enjoy!

### Tip from the Test Kitchen

- If you have time, store the muffins in an airtight container for 24 hours before icing and serving - they will have a more moist texture. The muffins will keep for a few days after baking, and they will freeze well. If you are planning to store the muffins or freeze them, keep them un-iced, then drizzle with icing and decorate them just before serving. For a vegan version, replace the egg with 50g (2oz) finely mashed soft (silken) tofu and use unsweetened soya milk, adding an extra 30ml (2 tbsp) to the mixture. For a sugar-free, healthier choice, serve un-iced and accompany with low fat natural yogurt and fresh fruit.

