



Skinny Latte Seeded Muffins

10 Muffins



Easy

● up to 60 Min.



Muffins

10 Dr. Oetker Muffin Cases
200 g Dates (chopped)
20 ml Instant Coffee Granules
Medium Beaten
75 g 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.

2 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.

3 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.

4 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.

5 To Decorate

To decorate, sift the icing sugar and into a bowl, add the Vanilla Extract and



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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.

