

# Mango & passionfruit muffins



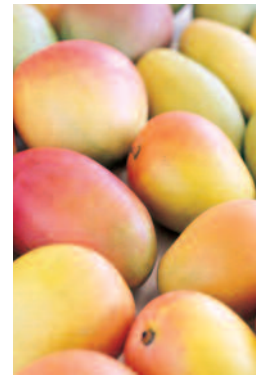
## Mango & passionfruit muffins

**Preparation:** about 20 minutes  
**Cooking:** about 30 minutes  
**Serves:** 6

Rice bran or canola oil spray, for greasing  
2 cups self-raising flour  
 $\frac{3}{4}$  cup caster sugar  
1 just-ripe medium mango  
 $\frac{1}{2}$  cup shredded coconut  
2 eggs  
 $\frac{1}{3}$  cup vegetable or rice bran oil  
250g tub light sour cream  
4 passionfruit, halved\*  
Icing sugar, for dusting

\* *You will need 100ml passionfruit pulp for this recipe*

1. Preheat oven to 180°C. Grease a 6 hole x  $\frac{3}{4}$  cup capacity Texas muffin pan with oil spray.
2. Sift flour into a large bowl. Stir in sugar, mango and coconut. Set aside.
3. Place eggs, oil, sour cream and passionfruit pulp in a bowl. Whisk until smooth. Pour mixture into dry ingredients. Using a large metal spoon, stir until just combined. Spoon mixture in pan. Bake for 25–30 minutes or until golden and cooked through when tested with a skewer. Cool in pan for 5 minutes. Transfer to a wire rack to cool. Dust with icing sugar to serve.



### Mangoes

- An excellent source of vitamin C which helps the body defend itself against infection.
- A good source of beta carotene, which the body converts to vitamin A (important for healthy skin and eyes). The highest levels are found in mangoes with deep orange-coloured flesh.
- A source of dietary fibre and also potassium. Fibre is important for the digestive system and potassium helps balance the sodium from foods with added salt.