

Blueberry & coconut muffins



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Preparation 20 mins | Cooking 25 mins | Makes 10

2 cups self-raising flour
1 tsp ground cinnamon
Pinch salt
¼ cup brown sugar
½ cup desiccated coconut
250g blueberries
2 free-range eggs, lightly beaten
150ml buttermilk or milk
150ml rice bran oil
Icing sugar, for dusting

STEP 1 Preheat oven to 200°C/180°C fan-forced. Line 10 holes of a ½ cup capacity muffin pan with paper muffin wrappers or cases.

STEP 2 Sift flour, cinnamon and salt into a large bowl. Stir in brown sugar, coconut and blueberries.

STEP 3 Combine eggs, buttermilk or milk and oil in a medium bowl. Using electric beaters, beat until thick and creamy. Using a large metal spoon, fold egg mixture into dry ingredients. Spoon into prepared muffin pan. Bake for 25-30 minutes until golden and a skewer inserted in the centre comes out clean. Cool in pan for 10 minutes before turning out onto a wire rack. Dust with icing sugar to serve.

Good for you... **BLUEBERRIES**

A good source of vitamin C which is important for healthy gums. Provide vitamin E, one of the antioxidant vitamins that helps prevent damage to body tissues. A good source of dietary fibre, which is important for a healthy intestine.

