

Mango muffins



Mango muffins

Preparation 20 mins + cooling time | Cooking 30 mins | Serves 6

- 2 cups self-raising flour
- ¼ cup caster sugar
- 1 medium just-ripe mango, peeled and flesh diced
- ⅓ cup shredded coconut
- 2 eggs
- ⅓ cup rice bran or vegetable oil
- 250g tub light sour cream
- ½ cup reduced fat mango yoghurt

To serve:

- 1 small mango, peeled and flesh sliced
- Icing sugar, for dusting

STEP 1 Preheat oven to 180°C/160°C fan-forced. Grease a 6-hole x ¾ cup capacity muffin pan or line with paper cases.

STEP 2 Sift flour into a large bowl. Stir in sugar, mango and coconut. Whisk eggs, oil, sour cream and yoghurt in a bowl until smooth. Pour mixture into dry ingredients. Using a large metal spoon, stir until just combined. Spoon mixture into pan. Bake for 30-35 minutes until golden and cooked through when tested with a skewer. Cool in pan for 5 minutes. Transfer to a wire rack to completely cool.

STEP 3 To serve, top muffins with mango slices and dust with icing sugar.

Good for you... MANGO

A source of dietary fibre that helps prevent constipation and also potassium that helps balance the sodium from foods with added salt.

