

Healthier Strawberry Muffins

This is our adaptation of a strawberry muffin recipe found at www.kristineskitchenblog.com

Ingredients:

- 1½ cups Exclusively Fruit Strawberry Compote
- 1 mashed banana
- 1 ¾ cups plain flour
- 4 tbsp butter
- 3 tbsp maple syrup
- Splash of milk
- 1 tsp vanilla essence
- 2 eggs
- 1 tsp baking powder
- ½ tsp bicarbonate of soda

Method:

- 1) Preheat oven to 180°C.
- 2) Strain any excess juice from your Exclusively Fruit Strawberry Compote and set aside.



use the juice to add to your favourite gin based cocktail – delicious!!

Toss the strawberry compote gently in ¼ cup plain flour – this will ensure the strawberries are evenly dispersed in the muffins and that they don't all sink to the bottom! Set aside the strawberries for later.

3) Melt the butter and add to the mashed banana, maple syrup, milk, vanilla essence and eggs. Whisk until combined.



- 4) Sieve the baking powder, bicarbonate of soda and plain flour into the wet ingredients.
- 5) Gently use a wooden spoon to combine all the ingredients – but do not overmix!
- 6) Fold the strawberry compote into the muffin batter.
- 7) Scoop into muffin cases and bake for 16-18 minutes or until a metal skewer inserted into the centre of the muffins comes out clean.
- 8) Once baked, place on a paper towel to absorb excess moisture and store in an airtight container. These can also be frozen once cooled!