



Berry and fig muffins

PREP TIME 15 minutes, plus cooling **COOKING TIME** 15 minutes

MAKES 24

Chia seeds have found favour in recent times as they are one of the richest plant sources of omega-3 fatty acids, so are a great way to incorporate this in your diet if you don't eat fish. Including chia seeds and dried figs in these moist berry muffins not only adds flavour, it also boosts fibre, while the sunflower seeds add crunch.

- 1 Place the fig and $\frac{1}{2}$ cup (125 ml) water in a small saucepan, then bring to the boil over low heat. Remove from the heat and set aside for 10 minutes for the figs to plump slightly. Drain well and leave to cool.
- 2 Preheat the oven to 180°C (160°C fan-forced). Line 24 mini muffin tray holes (30 ml capacity) with small paper cases.
- 3 Sift the flours and baking powder into a bowl, then return the husks to the bowl from the sieve and stir in the caster sugar and chia seeds. Gently stir in the berries and fig.
- 4 Whisk the buttermilk, eggs, oil and vanilla together in a separate bowl. Add to the flour mixture and fold together until just combined; don't over-mix as the batter does not need to be smooth.
- 5 Spoon the batter evenly into the paper cases and sprinkle evenly with the cinnamon and sunflower seeds. Bake for 13–15 minutes or until the muffins spring back when lightly pressed.
- 6 Leave to cool for 5 minutes in the pan, then transfer to a wire rack to cool. (Muffins are best eaten on the day they are baked, however, they freeze well. Wrap each muffin in plastic film and seal in a plastic bag or airtight container for up to 3 months. Thaw at room temperature.)

50 g dried figs, chopped
1 cup (150 g) plain flour
 $\frac{3}{4}$ cup (120 g) wholemeal plain flour
1 tablespoon baking powder
 $\frac{1}{3}$ cup (75 g) raw caster sugar
2 tablespoons chia seeds
125 g mixed fresh or frozen berries
 $\frac{3}{4}$ cup (180 ml) buttermilk
2 large eggs, at room temperature
 $\frac{1}{4}$ cup (60 ml) light olive oil or sunflower oil
 $\frac{1}{2}$ teaspoons natural vanilla extract
 $\frac{1}{2}$ teaspoon ground cinnamon
2 tablespoons sunflower seed kernels

Do not thaw frozen berries before using them as this helps prevent them from 'bleeding' through the batter.

NUTRITIONAL ANALYSIS

	For each muffin (per serve)
Energy (kJ)	402
Protein (g)	3
Total Fat (g)	4
Saturated Fat (g)	1
Carbohydrate (g)	13
Fibre (g)	2
Soluble Fibre (g)	0.5
Sodium (mg)	320