Posted on 25 August 2013

by ewfood

Orange muffins



Ingredients

130g flour
130g whole-wheat flour
140g brown sugar
1 tbsp baking powder
1/2 tsp baking soda
3g salt
3g ground cinnamon
3 tsp grated orange zest
80ml orange juice
160ml buttermilk
1 egg, lightly beaten
1 tsp vanilla extract
60ml butter, melted
60g walnuts, chopped
For the icing:
150g cream cheese
100g icing sugar
50ml orange juice
Orange zest to decorate

Preparation Time
45
min

Preparation

1. Preheat the oven to 200 C. Grease the muffin pan.
2. In a mixing bowl, put together flours, sugar, baking soda, baking powder, salt, orange juice, and cinnamon.
3. Get another bowl and combine orange juice, buttermilk, vanilla extract, egg and butter.
4. Add the egg mixture and milk to the flour mixture. Stir until evenly combined. Now fold the chopped walnuts.
5. Evenly divide the mixture among the muffin cups and sprinkle with sugar. Place the muffin pan in the oven and bake until lightly browned. Approx. 20 minutes.
6. Place on a wire rack to cool.
7. To make the icing:
8. Bea together the cheese, orange juice and sugar. Once the muffins are completely cool, top each with a spoonful of icing and pinch of orange zest.

Cooks Note

Preparation time: 45 minutes
Serves: 12