

# Orange and Poppy Seed Muffins

**Season:** Winter

**Serves:** 48 mini muffins or 24 regular sized

**Fresh from the garden:** oranges

<b>Equipment:</b>	<b>Ingredients:</b>
Chopping board	2 whole oranges
Knife	300g caster sugar
Food processor	2 eggs
Measuring cups and spoons	1 cup freshly squeezed orange juice
Measuring scales	200g melted butter
Small saucepan	4-6 extra oranges
Small mixing bowl	3 cups plain flour
Fork	2 teaspoons baking powder
Citrus juicer	2 teaspoons bicarb soda
Large mixing bowl	2 tablespoons poppy seeds
Sieve	2 tablespoons extra melted butter to grease muffin trays
Spatula	Icing sugar
4 mini muffin trays	
Dessert spoons	
2 baking trays	
Mini spatula	
Cooling racks	
Serving trays	

## What to do:

1. Preheat oven to 200°C, eco fan setting.
2. Trim off the top and bottom of the orange so that it sits flat on the bench. Cut the unpeeled orange into quarter and remove any seeds, but leave the skin on. Cut each quarter into 4, giving you 16 pieces of orange.
3. Put the orange pieces and the sugar into the food processor and blitz until the orange is finely chopped.
4. Cut the butter into pieces and melt in the small saucepan. Break eggs into a small bowl and lightly mix with the fork. Juice extra oranges until you have 1 cup fresh juice.
5. Add butter, eggs and orange juice to the food processor and blitz until very well combined.
6. Sift the flour, bicarb soda and baking powder into the large mixing bowl. Add the poppy seeds and mix to combine.
7. Pour in the orange mixture and gently fold through until just combined- do not overmix.
8. Use paper towel to grease the muffin holes and then spoon batter in, sharing equally between the holes. Place the muffin trays onto baking trays and cook in the oven for about 12 minutes until golden and the centres bounce back when lightly touched.
9. Set aside for about 5 minutes then use mini spatula to help you get the muffins out of the trays. Cool on cooling racks. Dust with a little icing sugar if desired.