



In the Kitchen with Infants Students

Lemon Poppy Seed Muffins

FRESH FROM THE GARDEN: Lemons



Lemons



Blueberries



Tomatoes

Ingredients

- 1½ cups plain flour
- ½ cup brown sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 2 tablespoons lemon zest
- 2 tablespoons poppy seeds
- 1 cup Greek yoghurt
- 1/3 cup lemon juice
- 1 egg
- 75g butter melted
- 1 teaspoon vanilla extract

Equipment

- Mixing bowl
- Large spoon
- Muffin tin



Method

- 1.** Preheat the oven to 200°C.
- 2.** Add the flour, sugar, baking powder, baking soda, salt and poppy seeds to a mixing bowl. Mix to combine.
- 3.** In another bowl add the yoghurt, lemon juice and zest, egg, melted butter and vanilla and mix to combine.

4. Pour the liquid ingredients into the dry ingredients and use a large spoon to mix the two together. Stir only until the flour is fully incorporated into the liquid.
5. Spoon the batter into the muffin pan filling $\frac{3}{4}$ the way full.
6. Bake for 17-20 minutes or until a toothpick comes out clean.