



CHOCOLATE & ORANGE MUFFINS

These **deliciously light** American muffins are a low fat option, just remember to have just the one!

Ingredients:

240 g (8¹/₂ oz) self-raising flour
40 g (1¹/₂ oz) cocoa powder
1/2 teaspoons baking powder
110 g (4 oz) light soft brown sugar
grated zest and juice of 1 orange
85 g (3 oz) soft spread, melted and cooled
1 egg, beaten
1 packet of small cooking chocolate drops optional

PER SERVING: 170 calories, 7 g fat

Method:

1. Preheat the oven to Gas Mark 6/electric oven 200°C/fan oven 180°C and place paper muffin tin liners in a 12-hole muffin tin.
2. Sieve the flour, cocoa and baking powder into a mixing bowl. Stir in the sugar. Stir in the orange zest using a fork.
3. Measure the orange juice. Add water to make up to 250 ml (9 fl oz).
4. Stir the soft spread into the egg.
5. Make a well in the centre of the dry ingredients. Pour in both quantities of liquid ingredients and stir until just combined. It is important not to stir too much, otherwise the muffins will not be light. The batter will look lumpy but no dry flour should be visible. Add the optional chocolate drops if using them.
6. Divide the mixture equally between the muffin cases.
7. Bake for about 20 minutes, until the tops are firm and they spring back when pressed lightly. Cool on a wire rack.
8. When they are cool perhaps decorate with some white icing to make them extra special.

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