

Recipe No. 33/2013

# Maize Muffins

The maize in this muffin recipe gives a slightly nutty texture to the muffins. Maize, one of South Africa's staple foods, is made into pap easily in the Thermomix. Look out for the pap recipe in our soon-to-be published South African recipe book.

Makes: 12 muffins

Preparation time: 5 minutes

Cooking time: 14 minutes

## Ingredients

160g maize meal  
140g cake flour  
60g sugar  
2 tsp baking powder  
1 tsp salt  
1 egg  
250g milk  
120g canola oil, or sunflower oil

## Method

- Preheat oven to 180°C
- Grease 12 muffin pans
- Place all ingredients into TM bowl. **Mix 5 sec/speed 5.**
- Using TM spatula, scrape down sides of bowl. **Mix 6 sec/speed 5.**
- Divide mixture equally into muffin pans.
- Bake 14 minutes. Cool slightly.
- Serve with butter, jam and cheese.

*This recipe was sent to us by a Thermomix distributor in South America*



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