

Lemon Myrtle and Poppyseed Muffins

Food Foundations • another NAQ Nutrition program

Ingredients:

20 mini muffins

- 2 cups white or wholemeal self-raising flour
- 1/2 cup caster sugar
- 1 ½ teaspoons ground **lemon myrtle**
- 1 tablespoon poppyseeds
- 1 egg
- 1/2 cup **olive oil**
- 3/4 cup milk



Method:

1. Mix the dry ingredients together in a large bowl – flour, sugar, lemon myrtle and poppyseeds.
2. Mix the wet ingredients together – egg, oil and milk.
3. Pour wet ingredients into the flour mixture.
4. Spoon mixture into muffin cases.
5. Bake in a 180 degree oven for 15-20 minutes.

Serves: 20 (mini muffins)

Food Group	Serves provided per mini muffin
Grains and cereals	0.5

Notes on Lemon Myrtle

- Lemon myrtle trees are natives to rainforests, mostly in Queensland, Australia.
- The dried leaves, both ground and whole, are popular in spice blends and are slowly gaining global appreciation.
- Lemon myrtle leaves, like the name suggests, has a strong flavour which is similar to lemon zest.
- Use sparingly as only a little is required to flavour a dish. Lemon myrtle's lingering aftertaste is similar to eucalyptus or camphor.
- It can be used in baking: shortbread, biscuits, pancakes, cakes, cheesecake and damper; cooking: stir fries, pasta, rubbed on meat and seafood and also stirred through dressings, tea and lemonade.
- Lemon myrtle also loves chicken fish, seafood, pork, rice and fruit and marries with aniseed, basil, chillies, fennel, galangal, ginger, parsley, pepper, thyme and yoghurt.