

Ginger & Coconut muffins

This recipe makes 6 muffins



A beautiful combination of ginger and coconut paired perfectly in a muffin. The ideal partner for a cup of tea with friends, and definitely intended to share 😊



What you'll need:
Mixing bowl, electric whisk, pastry brush,
two small bowls, a six hole muffin tray,
wooden skewer

Ingredients

- 275g flour (preferably self-raising but not essential)
- 100ml vegetable oil
- 120g golden caster sugar
- 80g light brown sugar
- 1tsp baking powder
- 1 thumb sized piece of ginger peeled and grated
- 1 tsp ground ginger
- 20g desiccated coconut
- 1tbsp agave
- 170ml cold water

Method

1. Preheat the oven to gas mark 5 and use a little oil to coat the muffin tray
2. In a mixing bowl add the flour, sugars, baking powder, and both gingers, stir
3. Then add the oil and water
4. Whisk together well until you have a smooth cake mix (there may look like there are little lumps but this will be the grated ginger)
5. Divide the mixture equally between the six muffin holes and place in the middle of the preheated oven
6. Check the muffins after 25 minutes and rotate the tray
7. Bake for a further 15 minutes then check the centre of the muffins with a wooden skewer
8. They are cooked when the skewer has no mixture on once inserted into the muffin
9. Allow to completely cool before the next stage
10. Put the agave in one small bowl and the coconut in another.
11. Using a brush, coat one of the muffin tops with a small amount of

agave then roll it around in the coconut to ensure you coat the top of the muffin

12. Repeat with each muffin

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Approximate nutritional value per serving

Calories kcal	452.12
Fat grams	18.02
<i>Of saturates</i>	2.48
<i>Polyunsaturated</i>	4.22
<i>Monounsaturated</i>	8.75
Carbohydrates grams	69.07
<i>Of fibre grams</i>	1.45
<i>Of sugars grams</i>	33.20
Protein grams	4.76
Sodium mg	
Calcium mg	0.37
Salt mg	0.013
Vitamin A mcg	2.37
Vitamin E mg	2.67
Omega 3 grams	1.1
Omega 6 grams	3.33