

Prep-ared for you!

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American Muffins

Looking for a cake alternative that's a little less sweet? Then this recipe is for you! American Muffins are very easy and quick to create and you can make them as exotic as you like.



Ingredients

600g Plain Flour
504g Caster Sugar
120g Skimmed Milk Powder
24g Baking Powder
6g Salt
2g Xanthan Gum
240g Fresh Whole Egg
450g Water
75g Glycerine
15g Prep Cake Whip
480g Whirl

- ① Blend together the plain flour, caster sugar, skimmed milk powder, baking powder, salt and xanthan gum in a Hobart bowl using a beater for 1 minute at speed 1.
- ② Continue to mix on speed 1 and add fresh whole egg, water, glycerine, **Prep Cake Whip** and colour and flavourings.
- ③ Increase the mixing to speed 2 and mix for a further 3 minutes.
- ④ Slow the mixer to speed 1 and slowly add Whirl over a period of approx. 1 minute.
- ⑤ If required, add blueberries, cinnamon, chocolate chips, almond, etc. at this stage and mix on speed 1.
- ⑥ Deposit at 85g into muffin tins with paper liners.
- ⑦ Bake at 175°C (250°F) for approx. 30 minutes.
- ⑧ Allow to cool in the tins for approx. 15 minutes before de-panning.
- ⑨ Allow to cool on a wire rack.

★ This recipe makes approximately 30 muffins.



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