



Recipe of the Week

PARSNIP, ORANGE & ALMOND MUFFINS

Using vegetables in sweet dishes might seem strange. But once you've given it a go you'll wonder why it's taken you so long to discover this whole new realm of culinary delight. Makes 12 big muffins.

Ingredients

2 cups parsnip puree (see below)

4 eggs

1 ½ cups sugar

1 cup vegetable oil

Zest 2 oranges

3 ½ cups flour

1 tsp baking soda

2 tsp cinnamon

½ cup almond flakes

Method

Parsnip Puree (makes about 2 cups - freezes well too)

1. Preheat the oven to 180 degrees.
2. Peel and chop 3 parsnips.
3. Put the parsnips and ¼ cup water in an oven-proof dish with a lid and bake until soft
4. Drain and process or push through a sieve or mouli.

Muffins

1. Preheat the oven to 180 degrees.
2. Combine parsnip puree, eggs, sugar, oil and grated zest. In a separate bowl sift together flour, baking soda, baking powder and cinnamon.
3. Fold the wet and dry ingredients together gently, taking care not to over-mix as this will result in hard muffins.
4. Pour batter into muffin cups, sprinkle over sliced almonds, then bake for about 20 minutes until golden brown. Remove from the oven and transfer to a cooling rack.