



# Seasonal and Local Recipes

## Tayport Community Growing Space

<http://tayportplantgardens.wordpress.com/>

October

### Too-easy elderberry muffins by Kaska

Muffins are very popular in Australia where I spent some time– they are also very easy to make! This recipe is inspired by Donna Hay's blueberry muffins: <http://www.lifestylefood.com.au/recipes/15197/tooeasy-blueberry-muffins> . It can be made with any berries, or even grated carrots/parsnip, depending on the season☺. You can also use up fruit pulp from making jellies or cordials (I added black currant pulp have kept frozen since summer)

#### Dairy free

#### Ingredients:

3 cups	Self-rising flour
1 tsp	Baking powder
1 cup	Sugar (If you want to go local, Silver Spoon is made of British sugar beets)
½ cup	Vegetable oil (Local option would be rapeseed oil)
1	Egg
½ cup	Milk (or plant-based milk – I use soymilk)
1 tsp	Vanilla extract
300g	Fresh or frozen elderberries

#### Directions:

- Mix all of the dry ingredients in a big bowl.
- Measure liquid in a measuring cylinder and add the egg – break it up and mix it with a fork.
- Pour the liquid into the well in the middle of the dry stuff and give it 5 stirs (no – seriously – 5 stirs) with a spatula
- Add the berries/grated bits etc and give it another 5-6 stirs.
- Pop into the muffin tray and bake in a pre-heated oven at 185°C or gas mark 4 for 25-30min.
- Let them rest for 10 min in the tin, then turn out onto a cooling rack. They store well in a tin for up to a week.

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