



# PASSION FRUIT MUFFINS

August 9

National Passion Fruit Day

## INGREDIENTS

- 6 Passion Fruits
- 1 Tablespoon Butter
- 2¼ Cups Flour (enriched or whole grain rich)
- 1 Tablespoon Baking Powder
- ¼ Teaspoon Salt
- 1 Tablespoon Sugar
- 1 Cup Milk
- 1 Egg (lightly beaten)

## DIRECTIONS

1. Preheat oven to 425°. Grease the muffin cups or line with paper liners.
2. Halve the passion fruits. Scoop out the pulp, and put through a fine mesh sieve, pressing it down firmly with the back of a spoon. You should be left with only pulp and juice. Discard the seeds.
3. In a large bowl, combine the flour, baking powder, salt and sugar, and mix well.
4. In another bowl, mix together the passion fruit pulp with milk and egg.
5. Lightly mix the wet and dry ingredients together.
6. Fill muffin tins equally and bake for 20-25 minutes.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

 Breakfast

## YIELD

12 Muffins

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Muffin	½ Muffin	1 Muffin	2 Muffins