

# Blueberry Muffins

## Ingredients

1 1/2 cups all-purpose flour, 2/3 cup sugar, 1/2 teaspoon salt,  
2 teaspoons baking powder, 1/3 cup vegetable oil, 1/4 cup soy yogurt  
1/3 cup soy milk, 1 Tbsp. lemon juice , 1 Tbsp. lemon zest  
1 cup fresh blueberries

## For topping

2 Tbsp. flour, 1 Tbsp. vegetable oil, 3 Tbsp. sugar, 1 Tbsp. lemon zest, 1 tbsp. lemon juice

## Directions

Preheat oven at 175 degrees centigrade

1. In a mixing bowl, whisk together oil, milk, yogurt and 1 tbsp. lemon juice. Whisk in until well blended, then blend in sugar and 1 tbsp. lemon zest.
  2. Sieve flour, baking powder, and salt over wet ingredients.
  3. Use whisk to mix all ingredients together.
  4. Coat blueberries with 1 tbsp. of flour and gently fold them into batter
  5. Spray 12 muffin cups with cooking oil and evenly distribute batter among them.
  6. For topping, mix flour, lemon zest, and sugar, then stir in lemon juice and oil. Evenly distribute over unbaked muffins
- Bake approx. 20 min.

## ORANGE CAKE

### Cake Ingredients

1 large orange, 1 cup raisins, 1/3 cup chopped walnuts, 2 cups all-purpose flour  
1 cup white sugar, 1 tsp. baking soda, 1 tsp. salt, 3/4 cup soy milk (or any milk)  
1/2 cup oil, 1/4 soy yogurt (or any yogurt)

### Topping Ingredients

1 orange, 1/3 cup sugar, 1 tsp. corn starch (also called corn flour in some countries)  
1/2 cup finely chopped walnuts

### Method

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan.
2. Zest the orange, take the white skin off, take seeds out (if any), and put the whole inside of the orange (this includes pulp) with the zest in a food processor.
3. Now add 1/3 cup of walnuts, 1 cup of raisins, 3/4 cup of soy milk, 1 cup of sugar, 1/2 cup of oil, and 1/4 cup of soy yogurt to the food processor and pulse till a fine paste like batter forms. These are the wet ingredients.
4. In a large bowl, combine flour, sugar, baking soda and salt. These are the dry ingredients.
5. Now add the wet ingredients mixture to the dry ingredients.
6. Pour batter into prepared pan. Bake in the preheated oven for 40 to 45 minutes, or until a toothpick inserted into the center of the cake comes out clean.
7. For the topping: Zest the other orange, juice it (this time remove all the pulp) and set aside.
8. Add the 1 tsp. corn starch to the orange juice and blend well till no lumps form.
9. In a small sauce pan, heat the orange, corn starch mixture, add the 1/3 cup of sugar, and the zest and stir till the mixture is bubbly, then switch off the heat. This is the topping mixture
10. Drizzle the topping mixture over warm cake. Sprinkle 1/2 cup of finely chopped walnuts over the topping on the cake.

## **Banana Muffins**

### **Ingredients**

1 1/2 cup all-purpose flour, 1 tsp. baking soda, 1/2 tsp. salt, 1/4 tsp. nutmeg, 1 tsp. cinnamon  
3 bananas, mashed, 1/3 cup brown sugar, 1/3 cup agave nectar or any liquid sweetener  
1/3 cup oil, 1/2 cup chopped toasted almonds

### **Crumb Topping**

1/4 cup sliced almonds  
2 Tbsp. all-purpose flour  
1/2 tsp. ground cinnamon  
2 Tbsp. oil  
2 Tbsp. brown sugar

### **Directions**

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a small bowl, with a blender blend in bananas, oil, and sugars.
3. Sieve together 1 1/2 cups flour, baking soda, nutmeg, cinnamon, and salt.
4. With a large fork mix the dry and wet ingredients. Fold in almonds
5. For the crumb topping, mix together flour, brown sugar, oil, cinnamon and sliced almonds until mixture resembles coarse cornmeal.
6. Line 18 muffin cups with paper and lightly grease.
7. With an ice cream scoop evenly distribute the batter to the 18 muffin cups.
8. Sprinkle the crumb topping evenly over the muffins.
9. Bake in preheated oven for 18 to 20 minutes, until a toothpick inserted into center of a muffin comes out clean.