

Wine and Olive Estate

OLIVE OIL AND PISTACHIO MUFFINS

RECIPE 24/98

What you will need:

500ml flour

10ml baking powder

2ml salt

125ml unrefined sugar

2 extra large eggs

15ml orange zest

15ml lemon zest

30ml balsamic vinegar

125ml milk

125ml Morgenster Lemon Enhanced Extra Olive Oil

200ml pistachio nuts, roughly chopped



How to prepare:

Preheat oven to 180°C. Place paper liners in a 12-cup muffin tin.

Sift the flour, baking powder and salt in a bowl. Beat the sugar, eggs and zests in a bowl until pale and fluffy, about 3 minutes.

Beat in the vinegar and milk. Gradually beat in the oil.

Add the flour mixture and stir just until blended. Add half the pistachio to the batter and stir until mixed.

Spoon into the paper cups. Sprinkle with the remaining pistachios.

Bake until golden on top, about 20 to 25 minutes.

Transfer to a wire rack to cool.

Recipe supplied by The Star, Angela Day

