

FATE Microwave Chocolate Muffins and Raspberry Muffins

Ingredients

3 tsp seedless raspberry jam

9 fresh or frozen raspberries

125g Fate Low protein Chocolate Cake Mix

30g Fate Low Protein All Purpose Mix

35g Soft margarine, plus a little for greasing

75g Betty Crocker Rich & Creamy Icing, Chocolate Fudge($\frac{3}{4}$ exchange)

90mls water



For this recipe, you will need a silicone 6 hole muffin tray. You will need to cut it into singles as it probably won't fit into your microwave as it is. Cutting it into singles will also help when you come to turn the muffins and puddings out. Buy one that is deep and has sides that are almost straight.

This recipe makes 3 chocolate muffins and 3 raspberry muffin puddings.

Method

1. Cut the silicone muffin tray up into 6 pieces. Place a paper muffin case into 3 of them, and grease the other three well.
2. In the bottom of each of the greased ones, add 1tsp jam and 3 raspberries. Use a small spoon to crush the raspberries a little.
3. Place the Fate Chocolate Cake Mix into a mixing bowl and add the Fate All Purpose Mix. Stir.
4. Carefully weigh the Betty Crocker Chocolate icing and add it to the bowl along with the soft margarine.
5. Pour on the water and use a wire whisk to mix well for about 1 minute until smooth and creamy.
6. Pour the mixture into the 6 muffin moulds. Cook the three chocolate muffins first by placing into the microwave and cook for about 3 minutes on high. Test that they are firm and just set in the middle. Do not overcook. (Different microwaves vary, you might have to alter the timings a little) Leave to rest for a couple of minutes before turning out.
7. Meanwhile, place the raspberry muffin puddings into the microwave to cook for 4 minutes or until they are firm and just set in the middle. Leave to rest for a couple of minutes before turning out to serve.

NOTE

You can of course make 6 chocolate muffins with this recipe instead of 3 muffins and 3 puddings.



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