

FATE Microwave Chocolate Muffins and Raspberry Muffins

Ingredients

3 tsp seedless raspberry jam

9 fresh or frozen raspberries

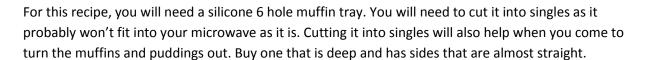
125g Fate Low protein Chocolate Cake Mix

30g Fate Low Protein All Purpose Mix

35g Soft margarine, plus a little for greasing

75g Betty Crocker Rich & Creamy Icing, Chocolate Fudge(3/4 exchange)

90mls water



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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