



FEIJOA AND RHUBARB MUFFINS

Season: Autumn
From the garden: Feijoas, rhubarb
Type: Sweet snack / dessert
Difficulty: easy
Serves: Approx 35 mini muffins
Source: Adapted from www.justamumnz.com 'Feijoa Crunch Muffins'

Equipment

- Muffin trays
- Non-stick spray
- Chopping board
- Knife
- teaspoons
- Measuring cups
- Fork
- Large bowl
- Electric mixer (or egg beater)
- Skewer or small, sharp knife

Ingredients

- * Approximately 20 small feijoas
- * Rhubarb stalks
- * 1 cup coconut oil (can use any cooking oil or 225g butter, melted)
- * 4 Bantam eggs (or 2 ordinary eggs)
- * 3 Cups flour
- * 1 tsp salt
- * 3 tsp baking powder
- * 1 ½ cups white sugar

Method

1. Preheat Oven to 175C.
2. Spray muffin trays liberally with cooking spray.
3. Cut feijoas in half and scoop the flesh out until you have approximately 3 cups of feijoa fruit. (Lightly mash with a fork so that there are some large chunks.) Set aside.
4. Wash the rhubarb stalks and remove the leaves (the leaves are poisonous). Cut the stalks into small pieces (about 1 cm by 1 cm) until you have approximately 1 cup of chopped rhubarb and set aside.
5. Thoroughly melt the coconut oil in a microwave proof dish. Do this in 20-30 second intervals, stirring in between.
6. Combine the sugar and oil in a large bowl and mix until smooth and creamy (approximately 3 minutes with an electric mixer - longer with a whisk and a strong arm!).
7. Add the eggs and incorporate well (approximately a further 2 minutes with an electric mixer).

8. Add the flour, salt and baking powder and mix until just combined.
9. Add the lightly mashed feijoa and the rhubarb pieces (reserving some rhubarb pieces to place on the tops of the muffins). Stir well, this is a very thick mixture
10. Spoon the mixture into the muffin tins to $\frac{3}{4}$ full
11. Add the reserved rhubarb pieces to the top of each muffin.
12. Bake for 18-23 minutes or until the muffins are golden brown and a skewer comes out clean.
13. Remove from the oven and allow to cool for 5 minutes then transfer the muffins to a tray to cool.

These are delicious warm from the oven!

Skills: *Knife skills, scooping out flesh from fruit, mashing gently, hand-mixing or electric-mixing, practising even distribution*