



CRANBERRY PISTACHIO SPICED MUFFINS

⏱ 15 min. ⌚ 50 min. 🌿 easy 🍴 12 portions

INGREDIENTS

300 g boiling water
 100 g dried cranberries
 70 g shelled pistachios
 1 egg
 170 g macadamia oil (see Tips)
 250 g milk
 100 g brown sugar (see Tips)
 300 g wholemeal self-raising flour
 ½ tsp ground ginger
 ½ tsp ground cinnamon
 ½ tsp ground cardamom
 butter, to serve (optional)

USEFUL ITEMS

12-hole muffin tray, cupcake liners, bowl, colander, small bowl, wooden skewer, wire rack

THERMOMIX PARTS

measuring cup

Preparation

1. Preheat oven to 160°C. Line a 12-hole muffin tray with paper cases and set aside.
2. Place a bowl onto mixing bowl lid and weigh water and cranberries into it. Set bowl aside to soak for 10 minutes. Drain cranberries well and set aside until needed (see Tips).
3. Place pistachios into mixing bowl and chop **13 sec/speed 7**. Transfer 1 tablespoon into a small bowl and set aside.
4. Add eggs, oil, milk, sugar and drained cranberries and combine **10 sec/↻/speed 3**.
5. Add flour and spices and combine **20 sec/↻/speed 3**, until combined. Divide evenly between paper cases. Sprinkle with reserved chopped pistachios, then bake for 25 minutes (160°C), or until a skewer inserted into the centre of the muffin comes out clean. Allow to cool in tin for 5 minutes, then transfer onto a wire rack to cool further. Serve muffins with butter (optional).

TIP

- Macadamia oil can be substituted with a light-flavoured extra virgin olive oil if preferred.
- You can use your preferred brown sugar in this cake – either regular brown sugar or a less refined option such as Rapadura sugar (Panela) or coconut sugar.
- To ensure your cranberries are thoroughly drained, you may like to drain them on paper towel for a few minutes.

