

COLDPRESSED

the Good Oil



50% LESS SATURATED FAT THAN OLIVE OIL

IDEAL FOR FRYING, ROASTING, DRESSING AND BAKING

GROWN AND PRESSED IN NEW ZEALAND

THE GOOD LEMON ZING MUFFINS

- 1 $\frac{3}{4}$ cups all-purpose flour
 - $\frac{3}{4}$ cup sugar
 - 1 tspn baking powder
 - $\frac{3}{4}$ tspn baking soda
 - $\frac{1}{4}$ tspn salt
 - 1 cup (8 ounces) lemon or vanilla yoghurt
 - 1 egg
 - $\frac{1}{4}$ cup of THE GOOD OIL
 - 1 to 2 tbsp grated lemon peel
 - 1 tbsp lemon juice
 - $\frac{1}{2}$ cup sweetened shredded coconut
- Topping:
- $\frac{1}{4}$ cup lemon juice
 - 3 tbsp water
 - $\frac{1}{4}$ cup sugar
 - $\frac{1}{4}$ cup sweetened shredded coconut, toasted

Combine dry ingredients in a large bowl.

In a small bowl beat the yoghurt and egg. Then drizzle in The Good Oil in slowly as you continue beating. Add the lemon peel and juice and continue beating until smooth.

Stir into dry ingredients, just until moistened. Fold in the coconut.

Fill paper-lined muffin cups to two-thirds full. Bake at 200c for 18–20 minutes or until golden brown. Cool for 5 minutes before removing from pan to a wire rack.

In a saucepan, combine the lemon juice and sugar; cook and stir over medium heat until sugar is dissolved. Stir in coconut.

Using a toothpick, poke 6–8 holes in each muffin. Spoon the coconut mixture over muffins. Serve warm, enjoy.

Note: if you would prefer less Zing in your muffins, alter the topping recipe so that it has more water than lemon juice.