

BUTTERMILK CRUMB MUFFINS WITH CRUNCHY MUESLI TOPPING



FOOD SERVICE



Using buttermilk instead of standard milk gives muffins a lightness and a delicious tangy flavour. The topping of soft brown sugar and toasted muesli caramelises in the oven and gives a crunchy contrast to the soft, tender muffin inside.

BUTTERMILK CRUMB MUFFINS

WITH CRUNCHY MUESLI TOPPING



SERVES 16

INGREDIENTS

		Approx Unit Price	Approx Ingredient Cost
300g	self raising flour	0.00184	\$0.55
1 tsp	baking soda	0.00450	\$0.02
100g	Chelsea Soft Brown Sugar	0.00277	\$0.28
50g	rolled oats	0.00311	\$0.16
350g	bananas, very ripe and peeled	0.00350	\$1.23
285ml	buttermilk	0.00825	\$2.35
75ml	canola oil	0.00393	\$0.30
2	egg whites	0.20000	\$0.40
30g	toasted granola or muesli	0.00537	\$0.16

METHOD

Preheat oven to 180°C and line two 12-hole muffin tins with paper muffin cases.

In a large bowl, mix together flour, baking soda, oats and all but 1 Tbsp brown sugar.

In a separate bowl, mash bananas and mix in buttermilk, oil and egg whites until combined.

Pour the liquid mix into the dry mix, and stir quickly with a wooden spoon. Do not overmix - there may be a few flecks of flour still visible and it may be slightly lumpy - this is ok.

If using berries, tip in and stir once.

Spoon mix into 16 cases. Mix together remaining 1 Tbsp brown sugar with granola/muesli and sprinkle over the top of each muffin.

Bake 18-20 minutes, until risen and dark golden in colour. Cool 5 minutes in tray before turning out to cool.

RECIPE VARIATIONS

- Filling variations are almost endless. In most cases it is the “classics” which work the best: blueberries, white chocolate & raspberry, banana choc chip etc.
- When using berries in your muffins, a good tip is to mix them with a few spoonfuls of the mixed dry ingredients before mixing in together. This coats the berries and helps prevent them from all sinking to the bottom of the muffin.

TOTAL COST	\$5.45
COST PER PORTION	\$0.34
GROSS PROFIT %	70%
SALES TAX	15%

MIN. SELLING PRICE **\$1.30**
(per portion)

Costs based on average wholesale prices at July 2010

PROFIT

- Easy to make in large batches, this can be cost-effective from a labour perspective if your business is selling a lot of impulse and morning tea food.
- Muffins freeze very well and are quickly brought back to just baked freshness by a few minutes in a hot oven. They can also be used as the base of a dessert (trifle, bread and butter pudding etc).

NUTRITION

- Because the fat from the milk has already been removed to make butter, buttermilk is lower in fat and calories. It is high in potassium, vitamin B12 and calcium.
- Buttermilk gives muffins a tangy background flavour and a light crumb.
- If buttermilk is unavailable, substitute 70ml low fat yoghurt mixed with 30ml milk to make 100ml buttermilk.
- Contains gluten, dairy and eggs.

SERVICE

- A large stack of muffins always looks impressive and appetising.
- Ensure they are displayed in pride of place on the counter by the till.
- For most cafés, one or two varieties daily is sufficient.