

ORANGE HONEY MUFFINS



In our autumn edition of Nourish we asked you to send us your favourite honey recipe. Thanks to everyone who sent us recipes we have had a great time testing them all, from bean salads through to museli there certainly is a lot you can do with honey!



Congratulations to Rowena McCoy for her favourite Orange and Honey Muffins by Alison Holst. A pack of Sweetree honey is on it way Rowena.

INGREDIENTS

2 cups flour
4 tsp baking powder
1/4 cup sugar
grated rind of two oranges
75 gms butter
1/4 cup of honey
1 egg
3/4 orange juice/milk

Measure flour, baking powder, sugar and orange rind into a bowl. Mix thoroughly.

Melt butter and honey together. Beat an egg with 3/4 cup of orange juice (if not enough juice top up with milk) before adding both to the dry mix. Stir well but don't over mix.

Put into 12 muffin pans. Bake at 200C for 10-12 mins, or until the centres spring back when pressed.



We also liked Annettes simple Greek honey cake



GREEK HONEY CAKE

INGREDIENTS

3 C semolina 3/4 C chopped walnuts
1 C sugar 250 g butter, melted
1 C milk 1 t cinnamon
3 eggs
2 C water 1/3 C honey
1 C sugar 1 t cinnamon
Walnuts and/or sesame seeds to decorate

Place all cake ingredients in a bowl and beat well. Pour in to a prepared 20 cm cake tin and bake until cooked, about 45 min in a 180C oven. Cool in tin while making syrup.

Boil the syrup ingredients together for about 15 min until the mixture starts to thicken. Pour over the cake and leave for at least an hour to allow it to be absorbed, and decorate with the nuts and/or seeds.

