



Plum & Pecan Cinnamon-Spiced Muffins

SERVES

10+



Grab your Kit



First up!

Wash your hands and any fresh foods before you start.

Ingredients 10-12 muffins

Plums In Juice	1 medium tin
Pecans	1 large packet
Plain Muffin Mix	1 packet
Milk*	200ml
Egg*	1
Vegetable Oil*	2 1/2 tbs
Sweet Golden Spice Blend	1 medium packet

*Pantry Items

Nutrition Information

AVG QTY	PER SERVING	PER 100g
Energy (kJ)	1090kJ (261Cal)	850kJ (203Cal)
Protein (g)	4.6g	3.6g
Fat, total (g)	7.3g	5.7g
- saturated (g)	0.9g	0.7g
Carbohydrate (g)	41.8g	32.6g
- sugars (g)	22.3g	17.4g
Sodium (g)	481mg	375mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1. Get prepped

Preheat oven to **180°C/160°C fan-forced**. Grease and line a 12 hole muffin tin with baking paper. Drain **plums in juice**, remove pits and roughly chop. Roughly chop **pecans**.

2. Combine the batter

In a large bowl, mix **plain muffin mix**, the **milk**, the **egg**, the **vegetable oil** and **sweet golden spice blend** until just combined. Gently stir through **plums** and **pecans** (reserve some!)

3. Serve up

Spoon muffin batter into the prepared tin. Top with reserved pecans. Bake until golden and a skewer inserted comes out clean, **25-30 minutes**. Transfer to a wire rack to cool completely, then serve.

We're here to help!

If you have any questions or concerns, please contact us at hellofresh.com.au/contact 2022 | CW48



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