



Fig & walnut muffins

MAKES 12 PREP 20 mins COOK 30 mins EASY V

'Utilise the beautiful figs that are in season at this time of year to make a batch of these muffins packed with toasty walnuts. They're a perfect on-the-go snack, or an ideal breakfast on those busier mornings.' **Liberty Mendez**

100g unsalted butter, softened
65g caster sugar
65g light brown soft sugar
2 eggs, at room temperature
125g Greek yogurt
1 tsp vanilla bean paste
5 tbsp milk of your choice

250g self-raising flour
1 tsp baking powder
100g walnuts, roughly chopped
5 small figs (about 250g)

1 Heat the oven to 200C/180C fan/gas 6. Line a 12-hole muffin tin with paper cases. Beat the butter and both sugars together for 5 mins until pale and fluffy. Beat in the eggs, one at a time. Stir in the yogurt, vanilla and milk, then fold in the flour, baking powder and a pinch of salt until smooth.

2 Fold in 75g walnuts. Roughly chop three of the figs and fold these in, too. Divide the batter between the prepared muffin cases until they're about three-quarters full.

3 Sprinkle the tops of the muffins with the remaining walnuts. Cut the remaining figs into six wedges each and use these to decorate the tops. Bake for 8 mins, then reduce the oven to 180C/160C fan/gas 4 and bake for 25-30 mins more until risen, golden and a skewer inserted into the middles comes out clean.

PER SERVING 319 kcals • fat 15g • saturates 6g • carbs 38g • sugars 22g • fibre 3g • protein 6g • salt 0.4g



LIBERTY MENDEZ

Liberty is Good Food's recipe developer. She was a pastry chef at the House of Commons before joining the team. She has a keen interest in baking and plant-based cookery.
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