




Calcium ✓
Vitamin D ✓
Iodine ✓

Lemon & Poppy Seed Yoghurt Muffins



SERVES 8

Ingredients

- 225g plain flour
- 140g caster sugar
- ¼ teaspoon salt
- 1 tablespoon grated lemon zest
- 1 tablespoon lemon juice
- 2 tablespoons baking powder
- 1 egg
- 245g fortified soya yoghurt
- 2 tablespoons poppy seeds
- 100g dairy free margarine

Directions

- Heat the oven to 200°C/400°F/Gas Mark 6
- Sift the flour along with the baking powder into a large bowl. Add in the sugar, grated lemon zest, poppy seeds and salt and stir to combine.
- In another bowl, whisk together all of the remaining ingredients.
- Line an 8 hole muffin tray with muffin cases.
- Fold the wet ingredients into the flour and baking powder, being careful not to over mix. Spoon into the muffin cases and bake for 20-25 minutes until risen and cooked through.

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Recipe provided by Alpro

Lactose & Galactose Free Recipe

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