

Cowpea Muffins

Recipe kindly contributed by Dr Annia Matikiti (University of Zimbabwe)



Preparation Time: 15 mins

Cooking Time: 20 mins

Serves: 4 people

Ingredients:

- 2 medium eggs
- 125ml vegetable oil
- 250ml milk
- 200g sugar
- ½ tsp salt
- 1 tbsp baking powder
- 400g cowpea flour
- 100g plain wheat flour
- 100g dried fruits such as sultanas or dried cherries or chocolate chips (optional)
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Method:

1. Heat the oven to 180°C.
2. Line two muffin trays with paper muffin cups.
3. In a large bowl beat the eggs lightly with a handheld electric mixer for 1 minute.
4. Add the oil and milk and beat until just combined then add the sugar and whisk until you have a smooth batter.
5. Sift in the plain flour and cowpea flour, salt and baking powder and mix until smooth.
6. Stir in the dried fruits or chocolate chips (optional).
7. Fill muffin cups to two-thirds full and bake for 20 – 25 minutes until risen, firm to the touch and when a skewer is inserted in the middle comes out clean.
8. Leave the muffins in the tin to cool for a few minutes and transfer to a wire rack to cool them completely. Serve with your favourite drink or hot beverage.

Nutrition Facts

Servings: 4

Amount per serving

Calories **700**

% Daily Value*

Total Fat 33g **42%**

Saturated Fat 7.3g **36%**

Cholesterol 87mg **29%**

Sodium 365mg **16%**

Total Carbohydrate 98.8g **36%**

Dietary Fiber 4.9g **18%**

Total Sugars 60.3g

Protein 12.5g

Vitamin D 8mcg **40%**

Calcium 342mg **26%**

Iron 3mg **18%**

Potassium 762mg **16%**

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.