

# Donna Hay

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## banana, ricotta and pecan muffins

**2 cups (300g) plain flour**  
**2 teaspoons baking powder**  
**1 cup (220g) raw sugar<sup>+</sup>**  
**1 cup (120g) pecans, roughly chopped<sup>+</sup>**  
**½ cup (125ml) buttermilk**  
**2 eggs**  
**2 teaspoons vanilla extract**  
**⅓ cup (80ml) vegetable oil**  
**3 medium bananas (600g), roughly mashed**  
**1 cup (200g) ricotta**  
**agave syrup (nectar), to serve<sup>+</sup>**

Preheat oven to 180°C. Place the flour, baking powder, sugar and pecans in a bowl and stir to combine. Make a well in the centre, add the buttermilk, eggs, vanilla, oil and banana and stir until just combined. Fold through the ricotta and spoon the mixture into 6 x ¾-cup-capacity (180ml) tins lined with muffin cases. Bake for 40–45 minutes or until cooked when tested with a skewer. Drizzle with agave syrup to serve. Makes 6.

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## tips + tricks

- + **RAW SUGAR** is a natural, unbleached sugar that has a coarser grain and is more golden than white sugar. It's honey-like in flavour.
- + **SIMPLY OMIT** the pecans to make the banana muffins lunchbox friendly.
- + **AGAVE SYRUP** is available in the health food aisle of the supermarket and from specialty food stores. **Use maple syrup instead, if you prefer.**
- + **FIND WHOLEMEAL FLOUR** in the health food aisle of the supermarket.
- + **YOU CAN USE squares of non-stick baking paper instead of muffin cases to line the tins, if you like.**
- + **KEEP MUFFINS refrigerated in airtight containers for up to 1 week, or freeze them, between sheets of non-stick baking paper, for up to 2 months. Top muffins with the syrups or sugar once thawed.**

## morning muffins

Studded with nuts, oats, berries and dates, and drizzled with a little maple or agave syrup, these wholesome muffins make for a delicious breakfast on the run or a nourishing morning snack. Enjoy them fresh from the oven with a cup of tea, bake a batch on the weekend in readiness for the week's school lunchboxes or whip them up the night before a busy day.



## apple, date and cinnamon muffins with maple oats

**2 cups (320g) wholemeal flour<sup>+</sup>**  
**2 teaspoons baking powder**  
**2½ teaspoons cinnamon**  
**¾ cup (165g) caster sugar**  
**1 cup (90g) rolled oats**  
**½ cup (125ml) milk**  
**2 eggs**  
**½ cup (125ml) maple syrup, plus extra, for drizzling**  
**⅓ cup (80ml) vegetable oil**  
**2 small green apples, cored and grated**  
**1 cup (140g) chopped fresh dates**

Preheat oven to 180°C. Place the flour, baking powder, 2 teaspoons of the cinnamon, the sugar and ½ cup (45g) of the oats in a bowl and stir to combine. Make a well in the centre and add the milk, eggs, ⅓ cup (80ml) of the maple syrup, the oil, apple and dates and stir until just combined. Spoon the mixture into 6 x ¾-cup-capacity (180ml) tins lined with muffin cases. Place the remaining ½ teaspoon of cinnamon, ½ cup (45g) of oats and 2 tablespoons of maple syrup in a bowl and mix to combine. Top the muffins with the oat mixture and bake for 35–40 minutes or until cooked when tested with a skewer. Drizzle with the extra maple syrup to serve. Makes 6.



## blueberry and yoghurt muffins with lemon sugar

**2 cups (300g) plain flour**  
**2 teaspoons baking powder**  
**1 cup (220g) caster sugar**  
**1 cup (280g) Greek-style (thick) yoghurt**  
**2 eggs**  
**2 tablespoons finely grated lemon rind**  
**2 teaspoons vanilla extract**  
**⅓ cup (80ml) vegetable oil**  
**2 cups (300g) fresh or frozen blueberries**  
**¼ cup (55g) white sugar**

Preheat oven to 180°C. Place the flour, baking powder and caster sugar in a bowl and stir to combine. Make a well in the centre, add the yoghurt, eggs, 1 tablespoon of the lemon rind, the vanilla and oil and stir until just combined. Fold through the blueberries and spoon the mixture into 6 x ¾-cup-capacity (180ml) tins lined with muffin cases. Place the white sugar and remaining lemon rind in a bowl and rub with the tips of your fingers to combine. Sprinkle the muffins with half the lemon sugar and bake for 45–50 minutes or until cooked when tested with a skewer. Sprinkle with remaining lemon sugar to serve. Makes 6.