

## NUTRITION: Lazza's Kitchen Adventure

### Peanut Butter Muffins

A Brand NEW Recipe from Lazza's Kitchen.  
Lazza made his ever version of Peanut Butter Muffins from scratch

#### Ingredients

340g Plain Flour  
150g Caster Sugar  
2 teasp. Baking powder  
¼teasp. Bicarbonate of Soda, pinch of Salt  
175g Unsalted Butter, diced  
110g Full Fat Milk  
350g Peanut Butter  
2 Large Eggs  
Peanuts to decorate

Marcellus Gilmore Edson, of Montreal, Quebec, Canada, obtained the first patent for a method of producing peanut butter from roasted peanuts using heated surfaces in 1884. Edson's cooled product had "a consistency like that of butter, lard, or ointment" according to his patent application which described a process of milling roasted peanuts until the peanuts reached "a fluid or semi-fluid state".

This is a nice easy bake to make - it can come out a little dry as no fruit, so maybe think of adding something to it if you fancy.

Heat the oven to 160°C fan/gas 4.

Grease a muffin tin with butter or line with muffin cases.

In the bowl of a stand mixer or using electric beaters, combine the flour, sugar, baking powder, bicarb, salt and butter for 3 minutes until smooth.

Mix in the milk.

Now add the peanut butter and then the eggs, ensuring each egg is incorporated before adding the next.

Use a tablespoon to divide the mixture between each muffin tin hole.

Then sprinkle peanuts on top of each mound of batter and push down into the mixture.

Bake for 20-25 minutes, or until golden and puffed up.

Leave out to cool.



During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.  
Why not try out some new recipes and foods yourself?  
More on HMHB recipe pages: [www.hmhb2016.org.uk](http://www.hmhb2016.org.uk)  
This was a great, and very tasty, bake to prepare.