

## NUTRITION: Lazza's Kitchen Adventure

### Raspberry Crumble Muffins

**A New Recipe from Lazza's Kitchen.**  
**Today he makes his first Raspberry Crumble Muffins from scratch**

A 19th century source suggests "muffin" may be related to the Greek bread "maphula", a "cake baked on a hearth or griddle", or from Old French "mou-pain" ("soft bread"), which may have been corrupted into "mouffin". The word is first found in print in 1703, spelled "moofin". It is of uncertain origin but possibly derived from the Low German *Muffen*, the plural of *Muffe* meaning a small cake.

#### Ingredients

Muffin

175g plain flour: 50g caster sugar: 50g light brown sugar

2 teaspoon baking powder: 1 teaspoon cinnamon

115g melted unsalted butter: 1 egg

120ml milk: 200g fresh raspberries: grated rind 1 lemon:

Crumble Topping:

30g crushed pecans or walnuts: 50g dark brown sugar

20g plain flour: 1 teaspoon cinnamon:

40g melted unsalted butter

Preheat the oven to 180C/350F. I use a silicon muffin tray, but if metal either lightly grease the compartments or use paper cases. Silicon trays are easy to clean and generally non-stick.

Muffins

Add flour to bowl with the sugars, baking powder, and cinnamon, and stir to blend.

Make a well in the centre. Melt the butter and add that, plus the egg and milk in the well, then mix until just combined. Stir in the raspberries and lemon rind.

Spoon the mixture into the prepared muffin tray.

Crumble topping:

Mix the crushed nuts, sugar, flour, and cinnamon into a bowl. Then add the melted butter and blend together.

Spoon the mixture over the top of each muffin.

Bake until browned - which should be around 25 minutes, but check after 20-22.

When you are happy, transfer to a rack to cool off. You can serve warm, or keep.

I found the raspberries worked really well, as they are not very sweet, and also provided moisture to the buns.

They were handed out to our walkers who all thoroughly enjoyed them.



**During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.**  
**Why not try out some new recipes and foods yourself?**  
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**This was a great and very tasty bake to prepare.**