



THURSDAY COTTAGE

HANDMADE

'Strawberries and Cream' *gluten free* Muffins

Light and airy, and fruity with our fresh tasting reduced sugar Strawberry Jam, these summery muffins are a cinch to make. This recipe uses commercial gluten free flour which is available from good farm shops, delis and supermarkets. However, if you prefer, use a good quality self-raising wheat flour. Likewise, any of our other delicious reduced sugar jams or marmalades can be used in the recipe.

Makes 10 large muffins

Ingredients:

250g gluten free self-raising flour
1/2 tsp baking powder
1/2 tsp bicarbonate of soda
Pinch of sea salt
100g caster sugar
250ml butter milk or soured cream
1 large egg
2-3 tsp rose water
100g butter or coconut oil, melted and cooled
1/2 jar Thursday Cottage Reduced Sugar Strawberry Jam
2 tbsp flaked almonds
1 tbsp icing sugar, to finish



Equipment: 12-hole muffin tray, holes about 6.5cm in diameter and 2cm deep, plus 10 paper muffin cases to fit.

Method:

Preheat the oven to 200°C/Gas Mark 6. Fan Oven 180°C.

Sift the first four ingredients into a mixing bowl. Stir in the sugar.

Next put the butter milk or the soured cream, the egg and the rose water into a large mixing bowl or jug. Beat together until well combined. Pour into the dry ingredients with the melted butter or coconut oil. Stir lightly, scraping down the sides until just combined.

Spoon a good dessertspoonful into each cup, then spoon a generous teaspoonful of the jam on top. Divide the remaining mixture between the cups and sprinkle each with a few flaked almonds.

Bake in the oven for approximately 20 minutes until well risen, lightly golden and spring back when lightly touched. Dust with icing sugar when cool.