



fresh

lemon polenta syrup muffins

recipe card

amanda's recipe of the week

*image for illustrative purposes only

prep time: 15 minutes

cook time: 25 minutes

serves: 12

method:

1. preheat oven to 180°C. lightly grease a 12 hole non-stick muffin pan.
2. using an electric mixer, beat the butter & sugar together until pale & creamy. add eggs one at a time, beating well after each egg.
3. sift polenta & baking powder over the creamed mixture. add the almond meal, lemon rind & lemon juice. stir to combine.
4. spoon mixture evenly into the muffin holes. smooth the tops of each.
5. bake for 25 minutes, test by inserting a skewer into the middle of the muffin – if clean, muffins are ready. cool in tray for 5 minutes then transfer onto a wire rack over a baking tray.
6. while the muffins are cooling down, make the syrup by combining the caster sugar, lemon rind, lemon juice & water in a saucepan over low heat.
7. stir syrup for 5 minutes until sugar has dissolved. bring to boil for a further 3 minutes without stirring or until slightly thickened. pour over muffins slowly.
7. allow to cool. serve with whipped cream or custard.

garden fresh

turn over for ingredients

my shopping list

ingredients:

- 160g unsalted butter (softened) from Kelly's deli/te euro deli
- 3/4 cup caster sugar from coles/woolworths
- 3 eggs from Kelly's deli/te euro deli
- 3/4 cup polenta from Kelly's deli/te euro deli
- 2 teaspoons baking powder from coles/woolworths
- 1 1/2 cups almond meal from coles/woolworths
- 1 teaspoon finely grated lemon rind from San Andres of Watergardens
- 1/4 cup lemon juice from San Andres of Watergardens

lemon syrup ingredients:

- 2/3 cup caster sugar from coles/woolworths
 - 1 teaspoon finely grated lemon rind from coles/woolworths
 - 1/4 cup lemon juice from San Andres of Watergardens
 - 2 tablespoons of cold water
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