

XCentric Ideas



April 2023

Volume 18 — Issue 1

by

ALMA PRETORIUS

alma@xcentricideas.co.za

www.xcentricideas.co.za

Instagram: [xcentric_alma](https://www.instagram.com/xcentric_alma)

Blog: xcentricalma_blogspot.com

Coconut flour hot cross bun muffins

Serves 6 – 12 muffins

(If you have leftover batter, keep in fridge and bake another day)

3 large eggs, beaten
1/2 cup milk of your choice
1/2 cup coconut flour
1/2 cup white sugar
1/2 cup vegetable oil
1/4 teaspoon baking powder
1 teaspoon ground cinnamon
1 teaspoon ground ginger
1 teaspoon allspice (mixed spice) powder
1/2 cup raisins

Glaze:

*160 g icing sugar, sifted
2 teaspoons lemon juice
2 teaspoons water*



In small bowl, add baking powder and spices to coconut flour. Add the white sugar and raisins. Stir to mix it. In a big mixing bowl, beat the eggs, milk and egg together.

Add dry mixture slowly to wet mixture, stirring as you go. Coconut flour absorbs a lot of moisture, so adding it slowly will ensure an even batter. Let it stand for a few minutes.

Preheat oven to 160 °C. Pour mixture into prepared 6 muffin pan holes (I always use cupcake wrappers) to the top (or 12 muffin pan for smaller muffins). Bake for about 25 – 30 minutes or till test skewer comes out clean. Remove from oven, carefully remove from muffin pan to wire rack and let cool.

Mix sifted icing sugar with lemon juice and water till it forms a paste. Brush on top of muffins. Or spoon into piping bag and pipe a cross.

Flourless Peanut butter, Cacao and lemon hot cross bun muffins

Makes 6 big muffins

1 cup peanut butter
1/2 cup lemon meringue yoghurt
2 large eggs
1/4 cup white sugar
1/3 cup cacao powder
1/2 cup glazed lemon peel, chopped
1/2 teaspoon baking soda
1 heaped teaspoon cinnamon powder
1 heaped teaspoon mixed spice (all spice) powder
1 teaspoon vanilla essence

Mix all together, spoon into greased muffin pan and bake at 220 oC for 20 minutes in the Sunbeam convection oven (normal oven ... no idea.)

SUGAR WATER

*1 tablespoon white sugar
1 tablespoon water*

Heat in microwave (or on stove) till sugar is melted, brush over muffins.



Pear and Caramel hot cross bun muffins

375 g cake flour
1 teaspoon baking powder
1/2 teaspoon bicarbonate of soda
2 teaspoons cinnamon powder
3/4 teaspoon ground ginger
1/2 teaspoon ground nutmeg
150 ml water
250 g plain yoghurt
230 g tinned pears
2 x 64 g caramel squares
2 large eggs
150 g castor sugar
Pinch of salt

Sift the flour, baking powder and bicarb. Add the dry spices. Beat the eggs and wet ingredients. Add wet to dry ingredients, mix. Cube the tinned pears and halve the squares of 64g caramel. Mix together.

Spoon into giant muffin pans. Use the other 64g caramel squares, cut them in half and press halved caramel into batter. Bake at 180 °C for 25 minutes or till test skewer comes out clean.



Apricot, Cranberry & raisin hot cross bun muffins

Makes 6 muffins

1 cup self-rising flour
1 large egg
1/2 cup mixture of cranberries and raisins
1/2 cup soft dried apricots, chopped
1/2 cup white sugar
1 teaspoon vanilla essence
1/2 cup natural double cream yoghurt
1 teaspoon cinnamon powder
1 teaspoon ginger powder
1 teaspoon mixed spice powder
1/4 cup vegetable oil



Soak the dried fruit for 5 minutes in boiling water – drain and pat dry with kitchen towel.

Mix everything together, spoon into greased muffin pan. Bake in Sunbeam convection oven at 220 °C for 30 minutes on low tray (or in normal oven at 200 °C for 20 minutes or till test skewer comes out clean.) Brush with sugar water.

SUGAR WATER

1 tablespoon white sugar
1 tablespoon water

Heat in microwave (or on stove) till sugar is melted, brush over muffins.

Ginger and lemon hot cross bun muffins

Makes 6 big muffins

Warning: Using both the glaze and the cross make them quite sweet.

1 cup self-rising flour
1 large egg
1 teaspoon vanilla essence
1 teaspoon cinnamon powder
1 teaspoon mixed spice (all spice) powder
1/4 cup white sugar
1/4 cup brown sugar
1/2 cup glazed chopped citrus peel
1/2 cup glazed ginger, chopped
1/2 cup lemon meringue yoghurt
1/4 cup vegetable oil



Mix the flour with the dried fruit and spices. Add in rest of ingredients and mix. Spoon into greased 6 muffin pan. On low tray in Sunbeam convection oven, bake for 28 minutes at 220 °C. Let rest for 5 minutes in pan. Brush with sugar water.

SUGAR WATER

1 tablespoon water

1 tablespoon white sugar

Melt together on stove or in microwave till sugar has dissolved. Brush over hot or cold muffins.

CROSS GLAZE

80 g icing sugar, sifted

1 teaspoon lemon juice

1 teaspoon water

Mix together to form a paste, spoon into a piping bag and pipe a cross.

Pineapple and coconut hot cross bun muffins

Makes 6 big muffins

1 cup self-rising flour
1 large egg
1 teaspoon pineapple essence
1/2 cup dried pineapple cubes (or dried pineapple, chopped)
1/2 cup coconut yoghurt
1/4 cup + 2 tablespoons vegetable oil
1 heaped teaspoon cinnamon powder
1 heaped teaspoon mixed spice (all spice) powder
1/4 cup white sugar
1/2 cup desiccated coconut

Mix the flour with the dried pineapple, desiccated coconut, sugar and spices. Add rest of ingredients and mix. Spoon into greased muffin pan and bake in Sunbeam convection oven at 220 °C for 28 minutes (or in normal oven at 200 °C for 20 minutes or till test skewer comes out clean.) Rest in pan for 5 minutes. Brush with sugar water.

SUGAR WATER

1 tablespoon water
1 tablespoon white sugar

Heat in microwave (or on stove) till sugar has dissolved. Brush on muffins.



Bacon hot cross bun muffins

Makes 6 big muffins

170 g bacon, chopped and cooked
1 cup self-rising flour
1 large egg
1 teaspoon vanilla essence
1/4 cup white sugar
1 heaped teaspoon cinnamon powder
1 heaped teaspoon mixed spice (all spice) powder
1/2 cup double cream yoghurt, natural
1/4 cup vegetable oil

Mix the bacon with the flour, sugar and spices. Add rest of ingredients and mix. Spoon into greased muffin pan and bake in Sunbeam convection oven at 220 °C for 28 minutes (or in normal oven at 200 °C for 20 minutes or till test skewer comes out clean.) Rest in pan for 5 minutes. Brush with sugar water.

SUGAR WATER

1 tablespoon water
1 tablespoon white sugar

Heat in microwave (or on stove) till sugar has dissolved and brush onto muffins.

