

Italian Sweet Polenta Muffins

Equipment	Ingredients
Measuring cups & spoons	1 ¼ cups soy milk
Chopping board & knife	½ cup sugar
Whisk	1/3 cup vegetable oil
Mixing bowls and spoons	1 ½ teaspoons apple cider vinegar
Muffin tins	1 teaspoon vanilla
Wire rack	1 cup flour
	2/3 cup fine polenta
	1 teaspoon baking powder
	½ teaspoon baking soda
	¼ teaspoon sea salt
	6 small ripe apricots or 1 cup raspberries or other berry of your choice (if using frozen, do not defrost)

How TO MAKE IT:

- 1 Preheat the oven to 180oC.
- 2 In a medium bowl combine soy milk and apple cider vinegar, stir to combine and set aside to thicken for 5 minutes.
- 3 Slice your apricots so that you have 12 moon-shaped segments per apricot. Place 3 segments into the base of each muffin case.
- 4 In a large bowl, whisk together flour, sugar, polenta, baking powder, baking soda and sea salt.

- 5 Add oil and vanilla to the milk and whisk to combine. Slowly pour the liquid mixture into the dry mixture and whisk until combined and nearly free of lumps.
- 6 Pour the mixture into muffin cases until 2/3 full, no need to mix in the apricot segments. Place 3 apricot segments on top of each muffin, some will sink a bit but that's ok.
- 7 Bake in the centre of your oven for 20-25 mins or until a toothpick comes out clean.
- 8 Cool for 5 minutes before removing from pan to a wire rack.

Berry Muffins: If using frozen berries, do not thaw them beforehand. When the batter is just combined, gently stir in berries until just distributed. Do not over mix.

