



## Ingredients – Makes 40 mini muffins

- 4 cups of white or wholemeal self-raising flour
- 1 cup caster sugar
- 3 teaspoons ground **lemon myrtle** (alternatively use the zest of 2 lemons)
- 2 tablespoons poppyseeds
- 2 eggs
- 1 cup olive oil

## Method:

1. Preheat oven at 180 °C
2. Mix the dry ingredients together in a large bowl – flour, sugar, lemon myrtle and poppy seeds.
3. Mix the wet ingredients together – egg, oil and milk.
4. Pour wet ingredients into the flour mixture.
5. Spoon mixture into muffin cases.
6. Bake in a preheated oven for 15-20 minutes.

## Notes on Lemon Myrtle

- Lemon myrtle trees are natives to rainforests, mostly in Queensland, Australia.
- The dried leaves, both ground and whole, are popular in spice blends and are slowly gaining global appreciation.
- Use sparingly as only a little is required to flavour a dish. Lemon myrtle's lingering aftertaste is similar to eucalyptus.
- It can be used in baking: shortbread, biscuits, pancakes, cakes, cheesecake and damper; cooking: stir fries, pasta, rubbed on meat and seafood and also stirred through dressings, tea and sparkling mineral water.
- Lemon myrtle also loves chicken fish, seafood, pork, rice and fruit and marries with aniseed, basil, chillies, fennel, galangal, ginger, parsley, pepper, thyme and yoghurt.
- Lemon myrtle can be purchased from the following website:

<http://www.thespicegirls.com.au> OR <http://www.bushfoodshop.com>.