



**Kiwi Organics Chef's Choice**

## *Polenta Cookbook*

### rhubarb & raspberries muffins

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- 1 cup rhubarb, trimmed & diced small
- ½ cup sugar
- 1 cup Kiwi Organics fine cornmeal
- 1 cup flour
- 3tsp baking powder
- 1 egg lightly beaten
- ½ cup plain unsweetened yoghurt
- ½ cup milk
- 90g butter, melted
- ⅔ cup raspberries, fresh or frozen

Pre-heat oven to 200°C. Lightly grease or spray muffin tray. Transfer trimmed & diced rhubarb to a bowl, toss in the sugar and set aside.

Sift fine cornmeal, flour & baking powder into a medium sized bowl & combine.

Whisk egg lightly with a fork, then whisk in the yoghurt and milk. Melt butter.

Make a well in the centre of the dry ingredients and pour in the egg, yoghurt, milk and melted butter with the rhubarb and sugar mix, and lastly the raspberries. Combine the batter very lightly with a fork, until just mixed.

Divide the batter evenly among the 12 muffin cups and bake at 200°C for 20 mins

