



Cakes and Muffins - Muffins

Recipe No:
R720 - R720f

FRUIT & WALNUT LOAF

<u>Group</u>	<u>Ingredient</u>	<u>KG</u>
	Water	1.150
	Eggs	0.300
	Honey	0.350
	FINO BRAN MUFFIN MIX	2.000
	Sultanas	0.200
	Dates (Chopped)	0.400
	Walnuts (chopped)	0.300
Total Weight		4.700

Method: 1. Place ingredients in mixing bowl in above order.
2. Mix on slow speed until clear.
3. Scale approximately 450g (1lb 2oz) into well greased nut roll tins.
4. Oven temperature 200°C (390°F).

Notes: The metric recipe is of similar size to the avoirdupois recipe but is not an exact conversion.
The Honey may be replaced with Golden Syrup if so desired. Vanilla Essence may be added if so desired.