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## CORN & SWEET PEPPER MUFFINS

12 medium muffins (36 small)

Switch oven to 190° C

Prepare muffin pans with non-stick spray (see note on sizes below)

Soak for 5 minutes, then add to  
the wet ingredients:

30 ml flax meal\*  
90 ml water

Sweat together over low heat in  
a pan, then add to wet  
ingredients:

125 ml sunflower oil  
1 onion, chopped  
1 yellow pepper, chopped

Sieve together the following  
DRY INGREDIENTS:

500 ml cake flour (2 c)  
125 ml Nutty wheat (½ c)  
20 ml baking powder  
10 ml Robertson Veggie Spice (2 tsp)  
2.5 ml salt

Add the following  
WET INGREDIENTS  
to the dry ingredients:

250 ml non-dairy milk (1 cup)  
250 g sweet corn off the cob  
flax mixture  
oil & onion-pepper mix

Mix carefully until all sign of  
flour have disappeared. Don't  
over-mix, as your muffins will  
'pyramid' during baking

Bake muffins as follows:

1x standard muffin pan (12 muffins) for 20 minutes, 18 minutes for small  
muffins.

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These muffins freeze very well, just sprinkle with a bit of water and let it  
thaw in a plastic bag at room temperature or in the microwave.

\* Find flax meal in a health shop or the health section of your groceries  
store. Flax meal acts as a binder, holding the batter together.