



LIME & POLENTA MUFFIN CAKES

<i>Ingredients</i>	<i>Equipment</i>
For the Cake	Muffin Pan and Muffin Papers
200g Nuttelex	Zester
1 ½ Cups Caster Sugar	Large & Medium & Small Mixing Bowls
1 ½ Cups Plain Flour/ Gluten Free	Spoon Measures
¾ Cup Fine Polenta	Cup Measures
1 ½ Teaspoons Baking Powder	Whisk
3 Eggs/No Egg Repalcer	Wooden Spoon
Zest 2 Limes (save the juice for the syrup)	
For the Syrup	
Juice 2 Limes	Juicer
1 Cup Icing Sugar	Saucepan
	Wooden Spoon
	Cup Measure

What to do

1. Preheat oven to 180°
2. Get out all required equipment
3. Weigh and measure ingredients
4. Make the cake first.
5. In your large mixing bowl whisk the Nuttelex and sugar until pale in colour.
6. Zest the whole lime, set aside.

7. In your large mixing bowl mix together the flour, polenta and baking powder.
8. Mix 1/3 of the dry ingredients into the butter-sugar mixture, followed by one egg, mix well. Then alternate dry ingredients and eggs, beating all the while.
9. Finally, mix in the Lime zest.
10. Place a good spoonful of mixture into the muffin papers.
11. Bake in the oven for approximately 20 minutes.
12. Make the syrup by boiling together the juice of the 2 Limes and Icing Sugar in a small saucepan. Once the Icing Sugar's dissolved into the juice it is done.
13. Place the muffin cakes onto a serving plate and prick wholes on the top (about 4 or 5 is sufficient).
14. Pour the syrup over the top and leave to cool before eating.