

FROM THE MENU

I'M not remotely vegan, but I really love the fruity vegan muffins at Baobab cafe in Newtown. Will the lovely owners share the recipe?

Eve, Berhampore

Rachel Johnston, who runs Baobab with her husband Gabriel, is committed to providing as many interesting options as she can for vegan and vegetarian diners at the couple's Riddiford St cafe.

"I'm lactose-intolerant, so I can really relate to people who have to eat boring food when they eat out," she says. "We have meat on our menu but we like to challenge ourselves to make exciting vegan and vegetarian food too."

These muffins fit Johnston's criteria that vegan food should be hearty and full of bold flavours and textures. She varies the fruit used to fit the seasons.

VEGAN MUFFINS

1½ cups plain flour
1 cup rolled oats
½ cup brown sugar
½ cup coconut
2 tsp baking powder
1 tsp baking soda
pinch of salt



1 tsp cinnamon
¼ cup vegetable oil
1¼ cups soy milk
1 tsp vanilla essence
1 ripe banana
3 firm but ripe stone fruit, such as apricot and plum for appealing colour contrast, de-stoned and sliced into slim wedges

Preheat oven to 175 degrees Celsius. Grease and dust with flour six medium-size muffin tins.

Sift flour, baking powder, and baking soda, salt and cinnamon into a large bowl. Add rolled oats, brown sugar and coconut. In a separate bowl, mash the banana and add vegetable oil, soy milk and vanilla essence.

Add the wet mix to the dry ingredients and stir gently until just combined. Spoon the mixture into the prepared muffin tin until the cups are half full. Place a few fruit slices on top of the mixture, then top with the rest of the batter. Garnish the top of muffins with the rest of the sliced fruit, alternating between apricot and plums. Bake for 20 minutes, or until a toothpick comes out clean when you stick it into a muffin.

Baobab Cafe, 152 Riddiford St, Newtown, Wellington. baobabcafe.co.nz.

1 cup wholemeal flour
1/2 cup white flour

1 cup rolled oats
1/2 cup coconut
1/2 cup brown sugar

2 tsp b.p.
1 tsp b.s.
salt

1 tsp cinnamon

1/4 cup veg oil

1/4 cup milk

1 tsp almond essence

1 ripe banana or 1 cup mashed pumpkin

3 fruits - diced + slices for top

+ sunflower seeds or nuts

+ bran (oat or wheat)

+ LSA

+ chia or something?