

# Butterscotch Muffins with Caramel Sauce



|                       |                                                                                                                                                                                               |
|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Serves                | 12                                                                                                                                                                                            |
| Prep time             | 10 minutes                                                                                                                                                                                    |
| Cook time             | 20 minutes                                                                                                                                                                                    |
| Total time            | 30 minutes                                                                                                                                                                                    |
| Allergy / Intolerance | <a href="#">Amines</a> , <a href="#">Artificial Additives</a> , <a href="#">Artificial Colours</a> , <a href="#">Glutamates</a> , <a href="#">Preservatives</a> , <a href="#">Salicylates</a> |
| Suitable for          | <a href="#">RPAH Elimination Diet - Low Chemical / Failsafe</a>                                                                                                                               |
| Meal type             | <a href="#">Dessert</a> , <a href="#">Sweet Things</a>                                                                                                                                        |
| Misc                  | <a href="#">Child Friendly</a> , <a href="#">Freezable</a> , <a href="#">Pre-preparable</a> , <a href="#">Serve Cold</a> , <a href="#">Serve Warm</a>                                         |
| Website               | <a href="#">Taste.com.au</a>                                                                                                                                                                  |

## Ingredients

- 1 1/4 cup plain wholemeal flour
- 1 1/4 cup plain white flour
- 5 teaspoons baking powder
- 3/4 cups brown sugar (tightly packed )
- 1 1/4 cup buttermilk
- 90g unsalted butter (melted)
- 1 egg (lightly beaten)

## Caramel Sauce (Optional)

- 3/4 cups white sugar
- 1/4 cup warm water
- 40g unsalted butter
- 1/4 cup brown sugar (tightly packed )
- 1/2 cup thickened cream

## Directions

1. Preheat the oven to 180°C and prepare two 6-hole muffin trays.
2. Sift the flours and baking powder into a large bowl, adding the husks back in. Stir in the sugar.
3. Whisk together the buttermilk, egg and butter. Add to the flour mixture and mix until just combined.
4. Divide the mixture evenly between the muffin trays.
5. Bake in the oven for 20 minutes or until golden brown and a skewer placed in the centre comes out clean.
6. Allow to cool in the pan for 5 minutes then turn out onto a wire rack out.

For the Caramel Sauce:

7. While the muffins are cooking, place the white sugar and water into a medium-sized saucepan and stir over low heat until the sugar has dissolved. Simmer without stirring until it turns a caramel colour.
8. Remove from the heat and add the butter and brown sugar. Stir until the sugar is dissolved.
9. Slowly add the cream to the pan and stir until smooth. Allow the mixture to cool slightly and thicken.
10. Serve the muffins warm drizzled with caramel sauce.

## Note

Low Chemical / Failsafe

Serve these muffins with the caramel sauce as a dessert or on their own as a snack.

Both the muffins and the sauce can be frozen.