

# Caribbean Muffins

*Tropical flavours come together to delight your senses—coconut, mango and lime, with crunchy brazil nuts. Make these when you want to really impress!*

All-purpose flour	1 cup	250 mL
Whole wheat flour	1/2 cup	125 mL
Natural oat bran	1/2 cup	125 mL
Chopped brazil nuts (or almonds), toasted	1/4 cup	60 mL
Baking powder	2 tsp.	10 mL
Baking soda	1/2 tsp.	2 mL
Salt	1/4 tsp.	1 mL
Packages of key lime dessert tofu (5.35 oz., 150 g, each)	2	2
Granulated sugar	1/2 cup	125 mL
Large egg	1	1
Chopped fresh (or frozen) mango	1 cup	250 mL
Mashed overripe banana (about 1 medium)	1/2 cup	125 mL
Dark (navy) rum (or 1/4 tsp., 1 mL, rum extract plus 2 tbsp., 30 mL, water)	2 tbsp.	30 mL
Lime juice	2 tsp.	10 mL
Grated lime zest	1 tsp.	5 mL
Coconut extract	1/2 tsp.	2 mL
Finely chopped brazil nuts (or almonds), toasted	2 tbsp.	30 mL
<b>GLAZE</b>		
Brown sugar, packed	1/4 cup	60 mL
Butter (or hard margarine)	1 tbsp.	15 mL
Lime juice	2 tsp.	10 mL
Dark (navy) rum (or 1/8 tsp., 0.5 mL, rum extract plus 2 tsp., 10 mL, water)	2 tsp.	10 mL

Measure first 7 ingredients into large bowl. Stir. Make a well in centre.

Beat tofu, granulated sugar and egg in medium bowl until smooth. Add next 6 ingredients. Stir. Add to well. Stir until just moistened. Fill 12 greased muffin cups 3/4 full.

Sprinkle with second amount of brazil nuts. Bake in 375°F (190°C) oven for about 25 minutes until wooden pick inserted in centre of muffin comes out clean.

**Glaze:** Combine all 4 ingredients in small saucepan. Bring to a boil on medium. Heat and stir for about 1 minute until slightly thickened. Spoon over hot muffins. Let stand in pan for 5 minutes before removing to wire rack to cool. Makes 12 muffins.

*1 muffin: 222 Calories; 6.2 g Total Fat (1.9 g Mono, 2.1 g Poly, 1.8 g Sat); 21 mg Cholesterol; 37 g Carbohydrate; 2 g Fibre; 6 g Protein; 189 mg Sodium*