

# Plum muffins

Sweet

level 

 24

 25 min



## Ingredients

200 ml	Fresubin 2 kcal DRINK Vanilla
6	eggs
360 g	flour
300 g	sugar
20 g	baking powder
100 g	butter or margarine
48	pitted dry plums (380 g)

## Nutritional information per serving:

Energy .....	211 kcal
Protein.....	4.6 g
Fat .....	6.0 g
Carbohydrate .....	33.0 g
Fibre.....	3.4 g



## Alternative products:

Fresubin® Original DRINK  
Fresubin® Energy/Fibre DRINK  
Fresubin® Protein Energy DRINK  
Fresubin® Energy Fibre DRINK

## Preparation

Mix eggs with Fresubin 2 kcal DRINK Vanilla. Add sugar, flour and baking powder and mix well. Add the melted butter/margarine. Cut plums into small pieces and add to mixture.

Pour mixture into muffin moulds and bake for 15 minutes in a preheated oven at 180 °C.

Remove muffins from moulds and leave to cool. Store muffins in a box and consume within 3 days.

### TIP:

Substitute plums with blueberries or raspberries.