



RECIPE INDEX

PAGE	RECIPE
1	Malora Breakfast Muffin & Malora Spinach and Feta Muffin.....
2	Malora Onion, Garlic and Cheese Muffin & Malora Vienna and Cheese Muffin.....
3	Malora Olive and Feta Muffin & Malora Diced Ham and Onion Muffin.....
4	Malora Tuna Mayo Muffin & Malora Cheese and Tomato Muffin.....
5	Malora Gourmet Broccoli, Cheddar, Sausage and Egg Muffin & Malora Gourmet Egg, Potato and Bacon Muffin.....
6	Malora Cheese and Chive Muffin & Malora Pizza Muffin.....
7	Malora Gourmet Smoked Russian Muffin & Malora Roasted Beetroot and Feta Muffin....
8	Malora Gourmet Ham and Leek Muffin & Malora Gourmet Bacon and Corn Muffin.....
9	Malora Gourmet Pumpkin , Feta and Bacon Muffin & Malora Gourmet Mixed Veg Muffin
10	Malora Gourmet Chicken Curry Muffin & Malora Ham , Feta and Basil Muffin.....
11	Malora Whole Grain Zucchini and Cheddar Muffin & Malora Garlic and Sundried Tomato Corn Muffin.....



PLAIN

Breakfast Muffin



6 PORTIONS



INGREDIENTS

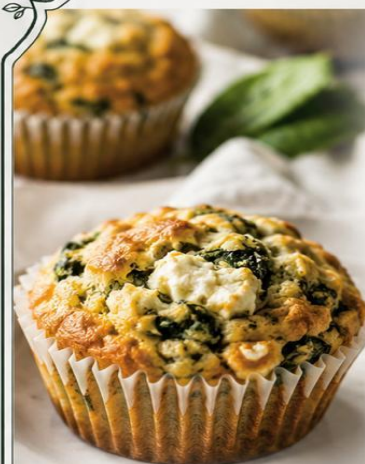
- Malora basic bran muffin mix 0.200gr
- Cooking oil 0.032ml
- Water 0.160ml
- Peppers mixed diced 0.030gr
- Onion diced 0.020gr
- Bacon diced 0.065gr
- Egg 1ea



METHOD

- 1 In a pan, fry the peppers, onion and bacon till done. Set aside to cool.
- 2 Add muffin mix, oil, egg and water to mixing bowl and fold ingredients according to instruction. Add bacon mixture. Careful to not overmix.
- 3 Pour into well-greased muffin trays and bake in oven for 25 minutes at 180 degrees as per instruction.

Note: Malora basic muffin mix can be substituted with basic white muffin mix.



Spinach &

Feta Muffins



6 Portions

INGREDIENTS

- Malora basic bran muffin mix 0.200gr
- Cooking oil 0.032ml
- Water 0.200ml
- Spinach fresh diced 0.080gr
- Feta crushed 0.080gr
- Egg 1ea



METHOD

- 1 In a pan, flash fry the chopped spinach till size has reduced till at least half. Set aside to cool.
- 2 Add muffin mix, oil, egg and water to mixing bowl and fold ingredients according to instruction. Add spinach. Careful to not overmix.
- 3 Pour into well-greased muffin trays and bake in oven for 25 minutes at 180 degrees as per instruction.



Note: Malora basic muffin mix can be substituted with basic white muffin mix.



Onion, Garlic & Cheese Muffin

6 PORTIONS

INGREDIENTS

• Malora basic bran muffin mix	0.188gr
• Cooking oil	0.030ml
• Water	0.185ml
• Garlic diced	0.002gr
• Cheddar grated	0.075gr
• Onion diced	0.025gr
• Egg	1ea
• Salt to taste	

METHOD

- 1 Add all ingredients to mixing bowl and fold in well. Careful not to over beat mixture.
- 2 Pour into well-greased muffin trays and bake for 25 minutes at 180 degrees as per instructions.
- 3 Add cheese on top once out of the oven and serve.



NOTE: Malora basic muffin mix can be substituted with basic white muffin mix.



Vienna & Cheese Muffin

6 Portions

INGREDIENTS

Malora Basic Bran muffin mix	0.200gr
Cooking oil	0.032ml
Water	0.160ml
Vienna diced	0.120gr
Cheese grated	0.075gr
Egg	1ea
Salt to taste	

METHOD

- 1 Add all ingredients to mixing bowl and fold in well. Careful not to over beat mixture.
- 2 Pour into well-greased muffin trays and bake for 25 minutes at 180 degrees as per instructions.



NOTE: Malora basic muffin mix can be substituted with basic white muffin mix.



OLIVE & FETA MUFFIN



6 PORTIONS

INGREDIENTS

- Malora basic bran muffin mix 0.200gr
- Cooking oil 0.032ml
- Water 0.180ml
- Olives seedless diced 0.040gr
- Feta crumbled 0.120gr
- Salt to taste



METHOD

- 1 Add all ingredients to mixing bowl and fold in well. Careful not to over beat mixture.
- 2 Pour into well-greased muffin trays and bake for 25 minutes at 180 degrees as per instructions.

NOTE: Malora basic muffin mix can be substituted with basic white muffin mix.



Diced Ham & Onion Muffin



MAKES 6 PORTIONS

Savory and moist muffins packed with delicious ham and onion. Perfect for breakfast or snacks!



INGREDIENTS

- Malora basic bran muffin mix 0.200gr
- Cooking oil 0.032gr
- Water 0.180ml
- Ham diced 0.100gr
- Onion Diced 0.050gr
- Egg 1ea
- Malora premium BBQ spice 0.001gr
- Salt to taste



METHOD

- 1 In a pan, fry ham & onion till golden brown. Set aside to cool.
- 2 Add muffin mix, oil, egg and water to mixing bowl and fold ingredients according to instruction. Add ham mixture. Careful not to overmix.
- 3 Pour into well-greased muffin trays and bake in oven for 25 minutes at 180 degrees as per instruction.



NOTE: Malora basic muffin mix can be substituted with basic white muffin mix.



PREP TIME 15 mins



COOK TIME 25 mins



OVEN TEMP 180 °C



YIELD 6 Portions



Tuna Mayo Muffin

6 PORTIONS



INGREDIENTS

- | | |
|--------------------------------|---------|
| • Malora basic bran muffin mix | 0.200gr |
| • Cooking oil | 0.032ml |
| • Water | 0.175ml |
| • Tuna tinned shredded | 0.130gr |
| • Mayonnaise | 0.075ml |
| • Salt to taste | |



METHOD

- 1 Add all ingredients to mixing bowl and fold in well. Careful not to over beat mixture.
- 2 Pour into well-greased muffin trays and bake for 25 minutes at 180 degrees as per instructions.



Note: Malora basic muffin mix can be substituted with basic white muffin mix.



CHEESE & TOMATO MUFFIN

6 PORTIONS

INGREDIENTS

- | | |
|--------------------------------|---------|
| • Malora basic bran muffin mix | 0.200gr |
| • Cooking oil | 0.032ml |
| • Water | 0.200ml |
| • Cheese Grated | 0.130gr |
| • Cherry Tomato diced | 0.050gr |
| • Malora oregano | 0.001gr |
| • Egg | 1ea |
| • Salt to taste | |

METHOD

- 1 Add all ingredients to mixing bowl and fold in well. Careful not to over beat mixture.
- 2 Pour into well-greased muffin trays and bake for 25 minutes at 180 degrees as per instructions.



Note: Malora basic muffin mix can be substituted with basic white muffin mix.



Gourmet BROCCOLI, CHEDDAR, SAUSAGE & EGG MUFFIN

Hearty. Cheesy. Perfectly Balanced.

 6 PORTIONS

INGREDIENTS

Malora basic white muffin mix	0.155gr
Oil	0.030ml
Water	0.175ml
Broccoli diced fine	0.100gr
Sausage/bacon diced fine	0.100gr
Cheddar grated	0.070gr
Egg	1ea
Salt to taste	

METHOD

- Flash fry broccoli and sausage in pan and set aside to cool. Then add all ingredients to mixing bowl and fold in well. Careful not to over beat mixture.
- Pour into well-greased muffin trays and bake for 25 minutes at 180 degrees as per instructions.



Great for breakfast, lunchboxes or a wholesome snack!



PREP TIME
15 mins



COOK TIME
25 mins



OVEN TEMP
180°C



GOURMET EGG, POTATO & BACON *Breakfast Muffin*

 6 PORTIONS

INGREDIENTS

• Malora basic bran muffin mix	0.200gr
• Oil	0.040ml
• Water	0.200ml
• Potato grated fine	0.075gr
• Bacon diced fine	0.075gr
• Cheddar grated	0.070gr
• Egg	1ea
• Garlic diced	0.002gr
• Salt to taste	

METHOD

- All ingredients to mixing bowl and fold in well. Careful not to over beat mixture.
- Pour into well-greased muffin trays and bake for 25 minutes at 180 degrees as per instructions.



NOTE:

Malora basic bran muffin mix can be substituted with basic white muffin mix



Bacon, Cheese & Chive Muffins

6 PORTIONS

INGREDIENTS

- | | |
|-----------------------------|---------|
| • Malora basic white muffin | 0.200gr |
| • Cooking oil | 0.032ml |
| • Water | 0.200ml |
| • Bacon diced | 0.120gr |
| • Cheese grated | 0.100gr |
| • Chives Chopped | 0.010gr |
| • Salt to taste | |



METHOD

- 1 Add all ingredients to mixing bowl and fold in well. Careful not to over beat mixture.
- 2 Pour into well-greased muffin trays and bake for 25 minutes at 180 degrees as per instructions.



Savory, Soft & Delicious



Gourmet Pizza Muffin



6
Portions



40
Mins
Prep & Cook



Easy
Difficulty



INGREDIENTS

MUFFIN MIX

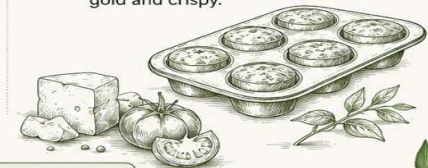
- | | |
|---------------------------------|---------|
| • Malora basic white muffin mix | 0.200gr |
| • Water | 0.200ml |
| • Peppers mixed diced | 0.050gr |
| • Oregano | 0.001gr |
| • Cheddar grated | 0.050gr |

TOPPING

- | | |
|---|---------|
| • Cheddar grated | 0.100gr |
| • Tomato diced | 0.100gr |
| • Topping of choice
(eg bacon/Russian/etc) | 0.120gr |
| • Oregano | 0.001gr |

METHOD

- 1 Mix all ingredients for muffins in pan and pour into well-greased muffin pan.
- 2 Cover muffin with topping ingredients leaving cheese and oregano for last. Bake in oven for 20 minutes at 180 degrees.
- 3 Grill muffins for last five minutes till cheese is gold and crispy.



TIP: Customize your toppings with your favorites – bacon, sausage, bell peppers, or olives!

GOURMET

Smoked Russian Muffin



INGREDIENTS

Malora basic white muffin	0.200gr
Water	0.200ml
Smoked Russian/Cheese griller	0.120gr
Cheddar grated	0.100gr
Salt to taste	



Simple Ingredients. Extraordinary Flavor.



OVERVIEW

A savory, smoky, and cheesy muffin with the rich flavors of smoked Russian cheese and cheddar.



DETAILS

- **Portions:** 6
- **Total Time:** 40 minutes



METHOD

- 1 Cut Russian to size required.
- 2 Add all ingredients in mixing bowl and be careful not to overmix.
- 3 Pour into well-greased muffin trays and bake in oven for 25 minutes at 180 degrees as per instruction.

Gourmet Roasted

Beetroot & Feta Muffin

6 PORTIONS



INGREDIENTS

Malora Basic white muffin	0.200gr
Oil	0.040ml
Water	0.180ml
Beetroot	0.100gr
Feta Crumbled	0.100gr
Salt to taste	



METHOD

- 1 Roast beetroot till done, let cool, peel and grate.
- 2 Mix all ingredients in mixing bowl and be careful not to over mix.
- 3 Bake in oven for 25 minutes at 180 degrees as per instruction.





Gourmet Ham & Leek Muffin

 6 Portions

INGREDIENTS

• Malora basic white muffin mix	0.185gr
• Oil	0.032ml
• Water	0.185ml
• Leeks washed and diced	0.060gr
• Cheese grated	0.100gr
• Ham chopped	0.100gr
• Garlic chopped	0.005gr
• Salt to taste	



METHOD

- 1 Add all ingredients to mixing bowl and fold in well. Careful not to over beat mixture.
- 2 Pour into well-greased muffin trays and bake for 25 minutes at 180 degrees as per instructions.



Tip: Serve warm for the best flavor.
Perfect for breakfast, snacks or lunchboxes!



Enjoy!

GOURMET BACON & CORN MUFFIN

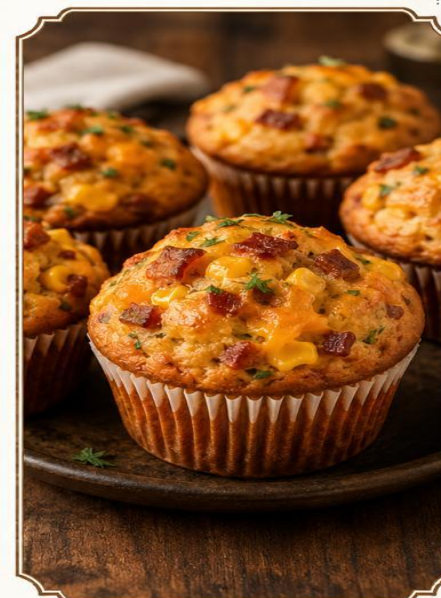
6 PORTIONS

INGREDIENTS

• Malora basic bran muffin mix	0.185gr
• Cooking oil	0.032ml
• Water	0.200ml
• Whole corn kernels	0.075gr
• Bacon diced	0.075gr
• Cheddar grated	0.075gr
• Salt to taste	

METHOD

- 1 Add all ingredients to mixing bowl and fold in well. Careful not to over beat mixture.
- 2 Pour into well-greased muffin trays and bake for 25 minutes at 180 degrees as per instructions.



Note:

Malora basic bran muffin mix
can be substituted with
basic white muffin mix



GOURMET PUMPKIN, FETA & BACON MUFFIN



*Savory, moist and packed
with irresistible flavor.*



SERVINGS
6 Portions



PREP TIME
10 min



BAKE TIME
25 min

INGREDIENTS

- Malora basic white muffin mix 0.165gr
- Oil 0.040ml
- Water 0.200ml
- Bacon diced 0.070gr
- Garlic Diced 0.005gr
- Pumpkin puree 0.100gr
- Feta crumbled 0.100gr
- Cheddar grated 0.050gr
- Salt to taste



CHEF'S TIP

*These muffins are delicious warm or at room temperature.
Store in an airtight container for up to 3 days.*

*Made with quality ingredients,
baked with love.*



METHOD

- 1 Add all ingredients to mixing bowl and fold in well. Careful not to over beat mixture.
- 2 Pour into well-greased muffin trays and bake for 25 minutes at 180 degrees as per instructions.

GOURMET MIXED VEGETABLE MUFFIN



SERVINGS
6 Portions



PREP TIME
15 mins



COOK TIME
25 mins

INGREDIENTS

- Malora basic white muffin 0.150gr
- Oil 0.040ml
- Water 0.120ml
- Cheddar grated 0.060gr
- Sweet corn 0.030gr
- Spinach shredded 0.060gr
- Carrot grated fine 0.030gr
- Baby Marrow grated fine 0.030gr
- Salt to taste

METHOD

- 1 Flash fry all vegetable ingredients in a pan and let cool.
- 2 Add all ingredients to mixing bowl and fold in well. Careful not to overmix.
- 3 Pour into well-greased muffin trays and bake for 25 minutes at 180 degrees as per instructions.



*Savory, wholesome, and
perfectly baked to golden
perfection.*

Fresh Ingredients. Homemade Goodness.



GOURMET CHICKEN CURRY *Muffins*

👤 6 PORTIONS

🍲 INGREDIENTS

- Malora basic white muffin mix 0.200gr
- Cooking oil 0.032ml
- Water 0.200ml
- Chicken deboned 0.150gr
- Onions chopped 0.030gr
- Onion rings 0.100gr
- Malora Medium curry powder 0.002gr
- Malora Special Masala 0.002gr
- Coriander fresh chopped 0.006gr
- Salt to taste

👨‍🍳 METHOD

- 1 Cook chicken till done, let cool, debone and chop fine
- 2 Panfry with chopped onion and spices in pan till flavor has settled.
- 3 Once chicken has cooled, mix with all other ingredients apart from onion rings.
- 4 Pour into well-greased muffin trays and place onion rings on top of batter mix. Bake for 25 minutes at 180 degrees as per instructions.

*A perfect blend of spices and flavor
baked to golden perfection.*



GOURMET HAM, FETA & BASIL MUFFIN

🍴 6 PORTIONS

👨‍🍳 INGREDIENTS

- Malora basic white muffin mix 0.200gr
- Oil 0.040ml
- Water 0.180ml
- Ham diced 0.100gr
- Basil fresh chopped 0.006gr
- Feta crumbled 0.100gr
- Salt to taste

🍲 METHOD

- 1 Add all ingredients to mixing bowl and fold in well. Careful not to over beat mixture.
- 2 Pour into well-greased muffin trays and bake for 25 minutes at 180 degrees as per instructions.

👨‍🍳 TIPS

For extra flavor, garnish with a few basil leaves before serving.



Enjoy! ❤️

Gourmet Whole Grain Zucchini & Cheddar Muffins



6 PORTIONS



INGREDIENTS

Malora basic bran muffin mix	0.185gr
Oil	0.040ml
Water	0.150ml
Cheddar grated	0.100gr
Zucchini grated	0.075gr
Spring onion chopped	0.030gr
Salt to taste	



METHOD

- 1 Flash fry spring onion and zucchini in pan and set aside to cool. Then add all ingredients to mixing bowl and fold in well. Careful not to over beat mixture.
- 2 Pour into well-greased muffin trays and bake for 25 minutes at 180 degrees as per instructions.



NOTE: Malora basic bran muffin mix can be substituted with basic white muffin mix for a non-whole wheat muffin

Gourmet Garlic & Sundried Tomato Corn Muffins



6 PORTIONS

INGREDIENTS

 Malora basic bran muffin mix	0.200gr
 Oil	0.040ml
 Water	0.200ml
 Corn whole kernel	0.050gr
 Garlic diced	0.005gr
 Sundried tomato chopped	0.030gr
 Salt to taste	

METHOD

- 1 Add all ingredients to mixing bowl and fold in well. Careful not to over beat mixture.
- 2 Pour into well-greased muffin trays and bake for 25 minutes at 180 degrees as per instructions.



NOTE: Malora basic bran muffin mix can be substituted with basic white muffin mix.



PREP TIME
10 MINUTES



COOK TIME
25 MINUTES



TEMPERATURE
180°C



YIELD
6 MUFFINS