



TIFFIN TIMETABLE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Paneer Bhurji Roll	Chicken Stir Fry	Vermicelli Upma	Baked Potato Wedges	Jam Muffin

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### **Jam Muffin:**

Jam Muffin is a small and sweet little treat you can give your kids. You can be sure that they'll finish it all and bring you back an empty tiffin.

**Ingredients:**

1. Kissan Jam: 2 tbsp.
2. Whole wheat flour: 1 cup.
3. Baking powder: 2 tsp.
4. Salt: 1/2 tsp.
5. Sugar: 2 tbsp.
6. Egg: 1.
7. Milk: 3/4 cup.
8. Oil: 1/4 cup.
9. Walnuts: 2 tbsp for garnish.
10. Banana: 4 tbsp mashed.

### **Method of Preparation:**

1. Preheat oven to 400 degrees F (205 degrees C).
2. In a large bowl stir together the flour, baking powder, salt and sugar. Then, make a well in the center.
3. In a small bowl, beat egg, milk and oil together. Pour all at once into the well in the flour mixture. Mix quickly and lightly until moistened. Do not beat. The batter will be lumpy, gently stir it in jam.
4. Pour the batter into the prepared pan and bake at 400 degrees F (205 degrees C) for 25 minutes or until golden.

## Vegetarian Recipe:

### Ingredients:

1. Whole wheat flour: 2 cups.
2. Sugar: 2 tbsp.
3. Baking powder: 2 tsp.
4. Baking soda: 1/2 tsp.
5. Yogurt: 1 cup.
6. Oil: 1/2 cup.
7. Milk: 1/4 cup.
8. Vanilla extract: 1 tsp.

### Method of Preparation:

1. Preheat the oven to 350F and line the muffin tray with muffin papers.
2. In a bowl, mix the flour, baking powder, baking soda and salt.
3. Add the sugar and mix, meanwhile in a small bowl whisk the yogurt, milk, oil and vanilla extract.
4. Pour the wet ingredients into the dry ingredients and whisk lightly. Don't over mix the batter.
5. Spoon the batter to the already prepared muffin tray up to half of the muffin paper,
6. Add a teaspoon of the jam into half filled batter, top it with the muffin batter up to 3/4th of the muffin paper and bake for 20-25 minutes until a skewer inserted comes out clean.
7. Transfer to wire rack and cool it.
8. Carefully remove the muffins from the pan, cool completely and enjoy.