

Fresh for Kids®

Little plum cakes



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Preparation: about 15 minutes

Cooking time: about 20 minutes

Makes: 12

- 150g butter, softened (+ extra for greasing)
- 1 cup caster sugar
- 1 tsp vanilla essence
- 3 eggs, at room temperature
- 1 1/3 cups self-raising flour
- 1 cup desiccated coconut
- 150ml milk
- 6 medium just-ripe plums*, deseeded and cut into 1cm dice

**Blood plums are perfect for this recipe*

1. Preheat oven to 180°C. Grease 12 x 1/3-cup (80ml) muffin pans with butter.
2. Using electric beaters, cream butter, caster sugar and vanilla in a large bowl until light and fluffy. Add eggs one at a time, beating well after each addition.
3. Combine flour and coconut. Using a large metal spoon, fold flour mixture and milk into butter mixture. Gently fold in plums. Spoon mixture into prepared pans. Bake for 18–20 minutes or until cooked when tested with a skewer. Stand in pans for 10 minutes then transfer to a wire rack to cool.
4. Serve cakes warm or at room temperature. They're best eaten with 1–2 days.

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Plums:

- Good for dietary fibre. Many kids don't get enough fibre, which is important to keep the intestine functioning with healthy regularity.
- Low GI, which means they provide a good slow steady release of glucose into the bloodstream for energy.