



FREE LOCAL NEWSPAPER

# BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

Wednesday 8<sup>th</sup> October 2025



## BARRABA RSL & RECREATIONAL CLUB LTD

Phone 67821379

For the information of  
members and guests.

### **THIS WEEK**

#### **FRIDAY 10th OCTOBER**

MEAT RAFFLES  
MEMBERSHIP DRAW \$1000

#### **SATURDAY 11TH OCTOBER**

BINGO STARTS AT 12.30

#### **SUNDAY 12th OCTOBER**

##### **ANGLERS CLUB**

Raffles on sale from 12pm, drawn 1.30pm  
MEMBERSHIP DRAW \$1600

**BOOKINGS NOW BEING TAKEN**

**FOR BACK TO THE BUSH CAMPOVEN**

**DINNER BOOKINGS CLOSE 15<sup>TH</sup> OCT**

### BISTRO HOURS

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DINE IN OR TAKEAWAY

DAILY BLACKBOARD SPECIALS AVAILABLE

ALSO PIZZAS MADE TO ORDER

MONDAY/TUESDAY/WEDNESDAY: CLOSED

THURS/FRI/SAT: Lunch 12-2pm. Dinner from 6pm

SUNDAY: 12-2pm



## Richardson House Aged Care Barraba

### AGM NOTICE

*The AGM of Barraba & District Retirement  
Homes Association Inc will be held on*

***Tuesday 28th October 2025***

***at 5pm at the Barraba Day Centre.***

### **New Board Members Welcome**

If you are keen to see Richardson House continue providing exceptional service to the Barraba community and would like to find out further information about becoming a Board member please contact Bronwyn Clinch on 0447 165 008.

Welcome to the our



### **Museum Markets**

October 11<sup>th</sup> 8.30 – 11.30 am. Stalls, Food, Gifts,  
Produce, Honey, Plants, Flowers, Handcrafts,  
Chickens, Free Range Eggs, Books, BBQ, Music.  
Come and Enjoy



Bookings

Phone: 02 67821379





### STREET STALL

Barraba Catholic Women's Organisation is holding a street stall on Friday 10th October, commencing at 9a.m. We will have many delicious food items as well as fruit and meat raffles and a selection of pre-loved

books. Come along and grab a bargain!



### Barraba High Country Music Musta

Sunday 12<sup>th</sup> October 2025. 12 to 4pm.  
**FREE ENTRY.**  
Walk-up artists welcome.

Barraba Bowling Club.



**PUBLIC NOTICE:** Back to the Bush Auto Festival organisers wish to advise the residents of Barraba NSW that as part of Back to the Bush Auto Festival 2025 there will be a fireworks display conducted at approx. 9.30pm on Saturday October 18th 2025. Whilst the event is just under 2 weeks away, we are making the announcement now for the benefit of pet/stock owners who may be concerned for the welfare of their animals so they can ensure that all measures have been taken to protect them.

You can find some extremely helpful information from the RSPCA on the link below.

<https://www.rspca.org.au/latest-news/blog/caring-your-pets-during-fireworks-displays/>

### Community College-Northern Inland



[www.ccni.nsw.edu.au](http://www.ccni.nsw.edu.au) | P: 1800 952 264 | M: 0407 157 542  
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BARRABA | BINGARA | GUNNDAH | INVERELL | MOREE | NARRABRI | WARRIALDA

**Annual General Meeting**  
**Thursday 23 October 2025**  
**5pm via Zoom**

### LETTER TO THE EDITOR

How typical of Tamworth to put on Fiesta la Peel on the same day as Back to Barraba and the Attunga Rodeo with no regard for the effect it could have on the two local events.

And shame on the Community News for accepting the ad in competition with the local events.

Mary Grocott  
(address supplied)



**The season for the Barraba Pool to open is Tuesday 14 October, 2025 and will finish on Thursday 2 April, 2026.**

**Opening hours from Tuesday 14 October – Sunday 12pm to 6pm, 2025. Monday closed.**

**Barraba Heated Pool (previously known as the Hydrotherapy Pool)**

**Opening Hours; Monday, Tuesday, Wednesday and Friday. 1pm-5pm**

All six public pools operated by Council will open on Tuesday 5 October. All pools will be following the current Public Health Orders in place for our region meaning there is a capacity limit of one person per two square metres at each pool and all patrons are required to sign in using the Service NSW QR codes provided.

Pools in Barraba, Manilla, Kootingal, Nundle and the South and West Tamworth War Memorial Swimming Pool will be open normal operating hours.

Manager of Sport and Recreation, Paul Kelly, said “our pools are ready to go and are in the best condition that they have been in for some time. This is a true credit to our staff who have gone above and beyond to make sure this swim season is a great one.”

The Olympic Swimming Pool will have altered operating hours for the beginning of the season, opening from midday on weekdays and 7am on weekends.

“We can easily accommodate the anticipated number of morning swimmers at Scully Pool. Scully Pool is also temperature controlled and was sitting at 25.9 degrees this week while Olympic Pool was a chilly 18 degrees. If there is a need to open Olympic Pool earlier we can do so immediately”, said Mr. Kelly.

Pool user groups were consulted on this change and at this point in time all are opting to use South and West Tamworth War Memorial Swimming Pool.

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To get started scan me!

**Tamworth REGIONAL COUNCIL**

Tuesday Night Light Comp  
**OCT 14** 🎾 **6:30 PM**  
 Junior Tennis  
**TBC**

**TENNIS IS BACK!**

Nominations are now being taken for the Tuesday night light tennis comp, starting Tuesday 14 October.

We are also gauging interest in junior coaching and/or comp.

Make sure to message us on Facebook or contact Heath White to put your name down for the night light comp, or to register your interest for junior tennis.

 Barraba Town and District Tennis Club

**CONTACT: Heath White 0427 070 374**



History Notes by Terry Threlfall

### **SOME TENNIS HISTORY IN**

#### **BARRABA - Part 4**

#### **The Barraba Team dominates Country Week Tennis in the 1920s**

From Ron McLean (1984); *"Country Cracks – The story of NSW country tennis"* p 19:

*"The story of Barraba's rise to prominence is one of the most interesting in the history of Country Week. Ever since 1913, Barraba had been knocking on the door for the Country Week teams title without making the grade but the emergence of Geoff and Guy Williams as top quality players made it only a matter of time before Barraba broke the ice.*

*The 1923 Country Carnival produced an amazing series of matches and at the end of it all, Barraba was still the bridesmaid. In the semi-final, only a desperate late rally enabled Barraba to play a tie with Goulburn and in the playoff, the disappointed Goulburn players were no match for the Spencers and the Williams. ....(in the tie with*

*Dubbo) Dubbo seemed to have the title all wrapped up but the Spencers, playing like demons, won the last three games for a second tie. Third time around, Dubbo proved too strong, winning six sets to two."*

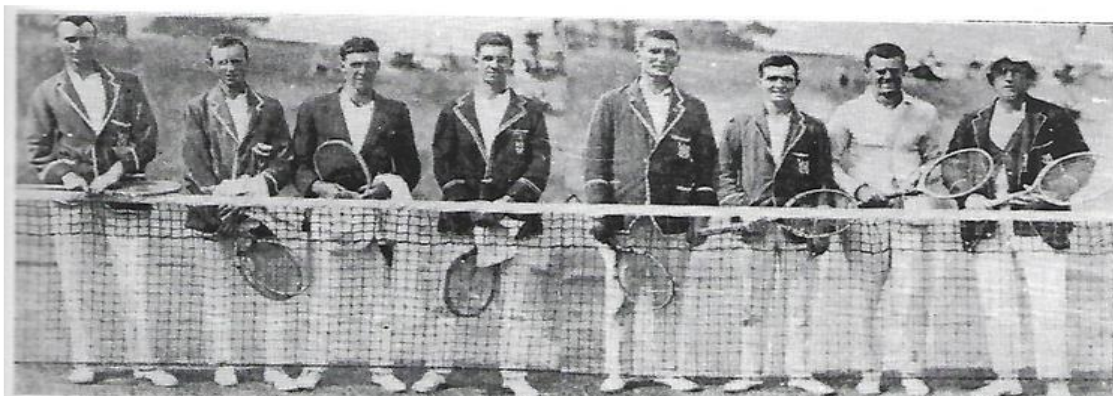
*"When Barraba finally broke through in 1924, it was described as the most popular win in history of Country Week carnivals. Once again it was a desperately close run, this time against near neighbours, Tamworth. To win the championship, the Williams brothers had to beat Frank Blaxland and Arthur Emblem, who had earlier overturned the Spencers. The Williams won 8/6, 6/4 giving Barraba a margin of five sets to three though the games were equal.*

*That was the start of the Barraba era at Country Week. ....Barraba won the Cup with victories in 1924, 1925 and 1926, was beaten by Mudgee in 1927, but Barraba was back on top in 1928.*

*...In the Country Championships, Bob Spencer won the doubles with brother Cliff in 1921 and 1922 and with Jack Snape (Guyra) in 1930 and the mixed doubles with Muff Wilson (Barraba) in 1923, 1924, 1926, and 1930.*

*Perhaps Bob Spencer should have won more, given his standing in Australian tennis. But with teams matches in which Barraba was always among the last in the draw, and matches against city, in which he was always one of the leading lights, he had an exhausting program without Country championships. Guy Williams was the same. It is significant that in 1927, the year Barraba missed out on the teams' title, Guy Williams won the Country singles and he and his brother Geoff Williams won the doubles."*

That ends our stories about the exploits of Barraba tennis players a century ago. Tennis is still alive and well in Barraba; the Barraba Town and District Tennis Club operates five recently resurfaced courts, and has a social tennis group playing on Wednesdays, and a night competition about to start on Tuesday evenings. Phone or text Club President Heath White 0427 070 374 to find out more.



**The Barraba Country Week Team (together with Dubbo) from 1923 (from "Country Cracks" p15) – L to R: Bob and Cliff Spencer, Geoff and Guy Williams (Barraba), Wilf Christie, Doug Yeo, Jack Spark and Jack Chalmers (Dubbo)**



## Upper Horton Pony Club a great success

We had 40 riders for the week from all over NSW and some from QLD. There was a supportive, energetic and positive vibe. I think the parents had as much fun as the kids! Everyone pitched in and helped make the week a successful one!



*Photos thanks to Patti Crowley*

## Ageing Australia welcomes release of aged care report

Ageing Australia welcomes the release of the Community Affairs References Committee report into aged care service delivery, and its recommendations for improving access to Support at Home services.

"The recommendation to end the rationing of home care packages is particularly welcome. People should be able to access care as they need it and when they need it," Ageing Australia CEO Tom Symondson said. "Revelations more than 200,000 older people are either waiting for home care packages, or waiting just to be assessed, were alarming. Clearing the wait list and ending the rationing of care packages is a priority," Mr Symondson said.

The report also warned the introduction of new ICT systems continues to be a risk for both Government and providers ahead of the start of the New Aged Care Act on November one.

"We know how much work has been done since the delay of the Act. Making sure it works is a top priority for everyone, to ensure older Australians enjoy seamless care. The concept of a Single Assessment System is a positive step forward, and the sector welcomed its introduction. However, with the large waiting list just to be assessed, clearly further work is needed before it's fit for purpose. We know that aged care reforms will not be perfect on day one of the new Act, and it's important that we keep striving for improvements to our systems," Mr Symondson said.



**Think twice  
before you mess  
with old people-  
we didn't get old  
by being Stupid!**



## Driving change to the Tamworth CBD

Paid parking in the Tamworth CBD will recommence in October 2025, after the old parking meters reached the end of their working life and were switched off in June.

The new meters were installed in September and will begin operating from Monday 13 October, 2025. The meters are cashless and ticketless, meaning drivers no longer need to return to their vehicle to display a ticket after paying.

The new meters are simple to use. Drivers will need to:

1. Press the start button
2. Enter their vehicle's number plate
3. Select the length of time they wish to stay (available in 15min increments)
4. Tap their card or smart device to pay

Payment methods include debit or credit card, or alternatively using the EasyPark app. For those who prefer cash, prepaid Visa or Mastercard gift cards can be purchased from Australia Post or major supermarkets and used at the meters like a regular credit or debit card.

Alongside the introduction of the new meters, changes to some parking zones across the CBD will start rolling out from Thursday 2 October, including increases from two hours to three hours in selected parking zones and the introduction of compliant accessible parking spaces and loading zones. Drivers are encouraged to take note of signage when parking.

The Tamworth Regional Parking Strategy - adopted by Councillors in February - aims to increase the availability of different types of parking to meet the needs of drivers across the region. It includes a mix of free and paid parking as well as different periods of timed parking, parking for people with a disability and long vehicle parking.

Council staff will be holding a pop-up in Fitzroy Plaza on Thursday 9 and Friday 10 October from 9am to 11am to answer any questions drivers may have before the meters are operational. Staff will also be in the CBD on Monday 13 and Tuesday 14 October to assist motorists who are still unsure on how to use the meters.

For more information, including a step-by-step guide for using the new meters, frequently asked questions, and a comprehensive list of all changes, please visit [www.haveyoursay.tamworth.nsw.gov.au/parking-strategy](http://www.haveyoursay.tamworth.nsw.gov.au/parking-strategy).



## LIFE-SAVING DEFIBRILLATORS FOR SPORTING CLUBS

The popular life-saving Local Sport Defibrillator Grant Program has returned, and local sporting clubs and recreational facilities are encouraged to apply for a grant of up to \$3,000 to install a defibrillator on site.

Member for Tamworth Kevin Anderson said having a defibrillator on site could be the difference between life and death for a player or a spectator.

"We love the great outdoors and playing sport, which is why our local sporting fields and recreation areas are a hive of activity through the year," Mr Anderson said. "Exercise and physical activity are so important to healthy living, but strenuous activity increases the risk of cardiac arrest, so it's important that sporting clubs and recreational facilities have access to the tools they need to save a life. A defibrillator can be the difference between life and death because medical experts tell us that the first eight minutes following cardiac arrest are critical. That's why I've always been a big supporter of the Local Sport Defibrillator Grant Program, encouraging local clubs to apply."

Applications for the Government's Local Sport Defibrillator Grant Program is now open and closes on 1 December 2025, or when funds are exhausted.

"Recently, we've seen defibrillators installed at the Tamworth Croquet Club, Tamworth Cycle Club, and the Barraba Civilian & Military Rifle Club, and that's just the start," Mr Anderson added. "I want to see as many defibrillators in the hands of local clubs as possible, because cardiac arrest can happen to anyone, at any time and having a defibrillator on site could save a life."

For more information, visit

<https://www.sport.nsw.gov.au/grants/local-sport-defibrillator-grant-program>

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### 3D laser aerial scanning spearheads Transgrid's annual bushfire prevention

To help protect local communities from the risk of bushfires, Transgrid has completed a rigorous program of helicopter and drone inspections, aerial imagery, 3D laser scanning, and thermographic surveying across more than 13,000 kilometres of transmission lines since April this year.

About half of Transgrid's annual maintenance expenditure is directed to mitigating bushfire risk, with more than 3,000 vegetation management and network maintenance tasks completed across the network in the off-season between April and September this year.

Executive General Manager of Network Jason Krstanoski said "We must remain vigilant in managing bushfire risks associated with our transmission assets to ensure the safety of our people, network and local communities," he said. "While the risk across all of NSW remains normal this year, Spring is expected to bring above-average rainfall, which may reduce fire risk early on but could also spur grass growth in central and western regions, raising the potential for fires later in the season if conditions become drier."

Transgrid's 2025 bushfire safety management program included:

- A 3D laser aerial survey of easements across the entire network using LiDAR technology to identify vegetation growing too close to transmission lines;
- An extensive vegetation management program with on-the-ground teams assessing and mitigating potential vegetation encroachments;
- Helicopter and drone inspections and aerial imagery of the network to physically assess the condition of towers and lines;
- On-the-ground teams carrying out network inspections and maintenance to avoid potential bushfire hazards; and
- Thermographic surveying of substations to identify and address any required asset upgrades.

NSW Rural Fire Service Deputy Commissioner Ben Millington said every bit of preparation ahead of the bushfire season is crucial. "Following a number of wet years, we're seeing very high fuel loads right across the state, particularly in our grasslands,"



### Community consultation on the design of foundational supports for children

Department of Communities and Justice

Venue: Tamworth Services Club

Phone (02) 6766 8166

**14 October @ 9:30 am - 1:00 pm Free**

**Have your say on the design of Foundational Support for Children with developmental delay or Autism in NSW**

Join us to help shape new supports for children in NSW. The NSW Government is working together to design foundational supports for children under 9 with developmental delay or autism in NSW. Foundational supports will provide children and their families with information, tools and services to improve their developmental outcomes as early as possible. This in-person event will be held at **Tamworth Services Club**. We want to hear from parents, carers, people with disability, and professionals in early childhood, disability, and early intervention services. Your voice matters, come share your insights.

### Feral Animal Control Workshop with Donald Barwick



#### DATE

Saturday 1 November 2025

10:00 am

#### LOCATION

2060 Duri Dungowan Rd,

#### Got a pest problem?

Feral pigs, foxes, cats or Indian mynas giving you grief? Join pest control expert **Donald Barwick** for a no-nonsense, hands-on Q&A session and discover what really works.

**Saturday, 1 November 2025 | 10:00 am**

Morning tea on arrival | 2060 Duri Dungowan Rd, Loomerah

For more information and to RSVP contact: Susan Wilson – 0400 590 776 | [susan@trla.org.au](mailto:susan@trla.org.au)



Who deserves the spotlight? The 2025 Sports Awards honour the talent and dedication driving sport in our community. Get your nominations in before 23 October.

From weekend warriors to rising stars, coaches, and tireless volunteers, every contribution matters. Be the one to shine a light on your local sporting hero and give them the recognition they deserve. Head to our website and submit your nomination today! [trcnews.au/SportsAwards](http://trcnews.au/SportsAwards).



We're proudly supporting [Legacy Australia](http://Legacy Australia) during Tamworth Veterans Week next month and invite you to join us at Tamworth's Rugby Park for Veterans and Families Day. The event will take place on Saturday, 18 October 2025 from 10:00 AM to 3:00 PM. The day aims to bring together serving members, ex-serving personnel, their families, and the wider community in a spirit of recognition, connection and support. The event will include:

Information stands to learn about the services and support available to veterans and families

Live music, entertainment and a raffle

Food and drink stalls

Whether you're currently serving, have served, or are a family member or relative of someone who has, we would love to see you there!



We're thrilled to announce that both the Bingara and Warialda Pools will officially open on Friday 3 October 2025.

Please join us in welcoming Grant Macey and Kim Barton, the new caretakers of the Warialda Pool. Grant and Kim are looking forward to meeting everyone and keeping the pool in top shape.

A familiar face is returning to run the Bingara Pool this season. Welcome back to Glenn Wade! Glenn's knowledge and experience will see the Bingara Pool run swimmingly.

Free entry for all residents and ratepayers within the Gwydir Shire!

Opening Hours:

- Daily: 11:00am – 6:00pm (Closed Christmas Day)
- Summer Months (December, January, February): 11:00am – 7:00pm

Come down, take a dip and enjoy the sunshine!



GWYDIR SHIRE COUNCIL





### CATHOLIC CHURCH TIMES

Barraba 1st Sunday of the month, Saturday evening  
Mass 6pm. All other Sundays 9am

### BARRABA UNITING CHURCH NOTICES

Sunday 12<sup>th</sup> October  
Service time changes to 8:45am for next four  
months. Please note new time.  
All Welcome

### ANGLICAN CHURCH TIMES

#### St Laurence's Barraba

Sunday service at 10.00am  
Woodsreef service 2nd Sunday of each month

### BARRABA COMMUNITY NEWS

COMMUNITY OWNED AND EDITED

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## BARRABA UHA FASHION PARADE

at the  
**Barraba Bowling Club**

**Saturday, October 11th 2025**

**1.30pm**

**Fashions by: Frocks 'n' Locks**

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## Australia boasts some of the world's most stunning beetles. Look out for these 5 beauties.

*Tanya Latty, Associate Professor, School of Life and Environmental Sciences, University of Sydney*

*James Bickerstaf, Postdoctoral Research Fellow, Australia National Insect Collection, CSIRO*

Beetles are the most diverse group of animals on Earth, accounting for nearly a quarter of all known animal species. Australia is thought to be home to a whopping 30,000 beetle species, and they are crucial to keeping our ecosystems healthy. Beetles can be distinguished from other insects by their hard, shell-like wing covers called “elytra”. Unlike other insects, beetles hide their soft, thin wings beneath these protective covers when they are not in use.

Summer is a great time to go beetle-watching in Australia. While beetles can be found all year round, many species are more visible and numerous when the weather heats up. Beetles come in a brilliant range of colours, patterns and textures – even metallic – which makes them especially fun to spot. Here are five beautiful beetles to look out for this summer.



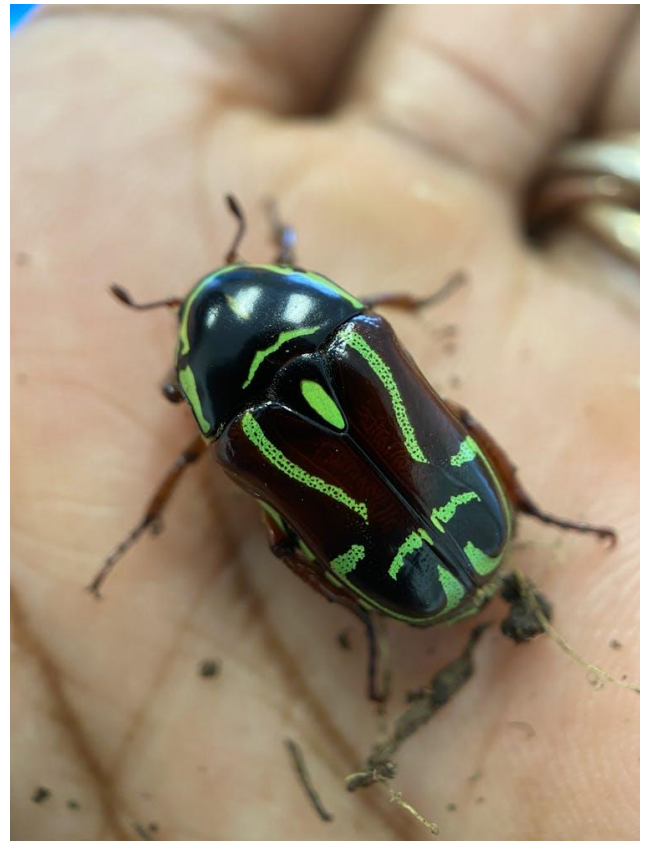
*Australian beetles come in a brilliant range of colours, patterns and textures. Pictured: the spotted flower chafer (Neorrhina punctatum). Shutterstock*

### 1. Flower chafers

Although bees get all the glory, beetles are the unsung pollinators of many native plants. Flower chafers (from the subfamily Cetoniinae) are named after their habit of visiting flowers to feed on nectar and pollen. This makes them important pollinators.

Flower chafer larvae live in rotting wood or leaf litter. There are 146 species in Australia, found in all states and territories.

One of the most common is the fiddler beetle (*Eupoecila australasiae*), found along Australia's east coast. It features striking black, green and occasionally yellow markings in a fiddle-shaped pattern. Female fiddler beetles lay eggs in soil or rotting logs. The larvae burrow through the soil to feed, emerging as adults in the spring.



*Fiddler beetles feature striking green and black markings. Tanya Latty*

The fiddler beetle feeds on native flowers such as *Angophora*, *Melaleuca* and *Leptospermum* (tea trees) and may occasionally eat rotting fruit. Beetle-pollinated flowers are often white or cream, with nectar placed where beetles can readily reach it. The below picture shows a native tree on which multiple species are feeding at once.



### 2. Stag beetles

The larvae of stag beetles (from the family Lucanidae) feed on decaying wood – breaking down tough, fibrous material



and returning essential nutrients to the soil. Adult stag beetles have been described as “beautiful baubles” for their shimmery exoskeletons in shades of gold, green, purple and blue. Stag beetles are most abundant in Tasmania, New South Wales and Victoria, but are also found in Queensland, South Australia and Western Australia.



*Stag beetles are known for their shimmery exoskeletons.  
Pictured: Iamprima aurata. Tanya Latty*

### 3. Christmas beetles

In southern and eastern Australia, the festive season is traditionally marked by the arrival of large numbers of iridescent Christmas beetles (*Anoplognathus*).

Of the 36 species of Christmas beetle, all but one are found exclusively in Australia, making them a truly iconic part of the country’s natural heritage.

Although Christmas beetles were once reliable heralds of summer, their numbers now appear to be declining. A lack of long-term population monitoring makes it challenging to confirm this trend, however.



*Christmas beetle numbers appear to be declining. Shutterstock*

### 4. Jewel beetles

Jewel beetles (from the family Buprestidae) feature brilliantly coloured, metallic bodies – features thought to

deter predators. Australia is lucky to have 1,200 species of these beautiful living jewels, found all across the continent. Adult jewel beetles feed on nectar and pollen, while their larvae usually bore through the wood of trees or the roots of plants.



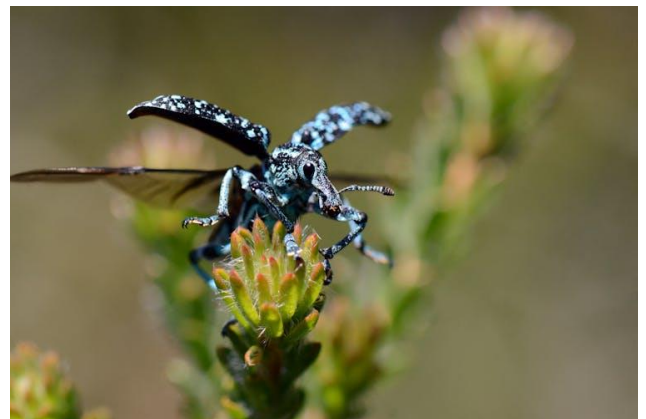
*Adult jewel beetles feed on nectar and pollen. Shutterstock*

### 5. Diamond weevils

The diamond weevil (*Chrysolopus spectabilis*) is the crown jewel of Australia’s weevil family. It comes in a startling array of colours, from blue to yellow and green.

Diamond weevils are found commonly along the east coast of Australia, eating plant material such as *Acacia* leaves.

The species is one of Australia’s first insects named by European scientists. It was first collected in 1770 by naturalist Joseph Banks, who landed at Botany Bay with Captain Cook.



*A diamond weevil taking off to find its next meal. Shutterstock*

### Saving our beetles

Despite their ecological importance and phenomenal diversity, beetles are understudied. Scientists are constantly finding new species, such as the adorable fluffy longhorn beetle (*Excastra albopilosa*) recently discovered in the Gold Coast hinterland.

Unfortunately beetles – like many other insect species – face increasing threats from habitat loss, climate change and the misuse of insecticide. A few simple actions can help native beetles to thrive. Planting nectar-rich natives helps provide a reliable food source for flower-feeding beetles. Choose native plants with large, bowl-shaped or flattened flowers which makes the nectar easy for insects to reach. Good examples include the dwarf apple (*Angophora hispida*), white kunzea (*Kunzea ambigua*) and rice flower (*Ozothamnus diosmifolius*). As a bonus, flowers also attract pest-eating beetles such as ladybirds.



*A flower chafer and nectar scarab feeding on a flower. Tanya Latty*

Many beetles rely on decaying leaves and wood for food and shelter. So, try to avoid disturbing or removing rotting wood and leaf litter from natural habitats.

Avoid using insecticides in home gardens. Many insecticides commonly used to target pest beetles, such as the invasive Argentinian scarab, indiscriminately kill beneficial ground-dwelling beetle larvae.

And help scientists better understand beetle populations and their conservation needs by uploading beetle sightings to online platforms such as iNaturalist and Canberra Nature Mapr. Public sightings can have a big impact. Participants in the annual Christmas Beetle Count have rediscovered seven species not seen for decades.

By protecting our valuable – and stunning – Australian beetles, we can ensure they survive for future generations to enjoy.

## Brazilian coconut muffins – queijadinhas



A delicious snack from Brazil, these Queijadinhas are soft and slightly moist muffins made with coconut and a surprising ingredient... parmesan! Yes, you read that right, parmesan cheese in a sweet recipe! Don't worry, the flavour is subtle, adding a delightful sweetness that will have you reaching for another one of these treats. Follow the step-by-step instructions to make this irresistible dessert that you'll quickly become addicted to!

### Ingredients

- 1 cup coconut milk
- 7 oz grated coconut
- 4 eggs
- 2 tbsp grated parmesan
- 2 tbsp butter
- 3 tbsp flour
- 1 + 1/3 cup sweetened condensed milk
- 1 tsp baking powder

Mix grated coconut with coconut milk. Let rest for 30 minutes at room temperature. Preheat the oven to 350°F (180°C).

Add sweetened condensed milk, eggs, parmesan, melted butter, and flour, then mix well. Add the baking powder and mix again.

Pour the batter into muffin moulds. Bake for 25 minutes at 350°F (180°C). Check for doneness, remove from the oven, and let cool before unmoulding.