

Mighty muffins

6



Ingredients

Makes 12

- 250g self-raising flour
- 1 x 5ml spoon bicarbonate of soda
- 200ml semi-skimmed milk
- 2 medium eggs
- 85ml oil

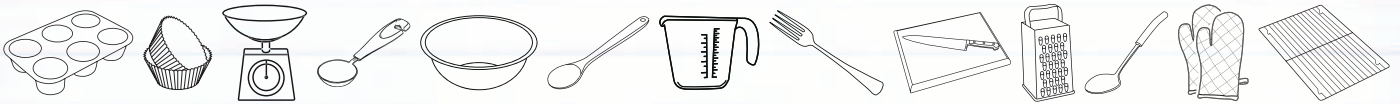
For savoury muffins

- 1–2 slices ham
- 3 spring onions
- 100g Cheddar cheese

For fruit muffins

- 100g caster sugar
- 150g fruit, e.g. strawberries, blueberries, frozen berries, canned pineapple

Equipment



Method

1. Preheat the oven to 200°C or gas Mark 6.
2. Put the muffin cases into the cake tin.
3. Mix together the flour and bicarbonate of soda in the mixing bowl.
4. Measure the milk and oil in the measuring jug.
5. Add the eggs to the milk and whisk everything together with a fork.
6. Prepare the other ingredients:
 - savoury muffins: chop the ham and onions, and grate the cheese.
 - fruit muffins: stir the sugar into the flour and chop the fruit, if required.
7. Stir the milk mixture into the flour until combined.
8. Stir in the fruit or the ham, onion and cheese.
9. Spoon the mixture evenly into the 12 muffin cases in the cake tin.
10. Bake for 15–18 minutes, until risen and golden.
11. Cool on the cooling rack until cold.

Top tips

- * Makes 12 muffins – perfect for sharing.
- * Go for a mix of white and wholemeal flour.

Skills

- | | |
|----------------|---|
| Measuring. | ✓ |
| Using an oven. | ✓ |
| Grating. | ✓ |
| Using a knife. | ✓ |



EAT FOR HEALTH

- * Go for semi-skimmed milk instead of whole milk.
- * Blueberries are rich in vitamin C which gives you healthy skin.

TAKE CARE!

Make sure you've got an adult to help you use the oven safely.

