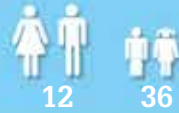


Fruit Muffins

Prep time: 20 minutes Cooking time: 30 minutes



Ingredients

150g / 5oz plain white flour
150g / 5oz plain wholemeal flour
1 ½ teaspoons bicarbonate of soda
1 ½ teaspoons baking powder
110g / 4oz caster sugar
4 eggs, beaten
150ml / 5floz / ¼ pint sunflower oil
2 teaspoons of vanilla essence

Variations

For carrot muffins:

1 teaspoon cinnamon
4 medium carrots, grated
zest and juice of 1 orange

For blueberry muffins:

100g / 4oz fresh or frozen blueberries

For mixed berry muffins:

100g / 4oz frozen mixed berries



Method. Pre heat oven to 180°C / Gas Mark 4

- Sieve flour, bicarbonate of soda, and baking powder in a bowl
- In a separate bowl put sugar, eggs and oil and stir
- Pour the liquid ingredients onto the dry ingredients and stir
- Select your flavour of muffin (e.g. carrot), add additional ingredients from above, and stir
- Line a muffin tray with cases. Spoon the mixture into the cases until $\frac{3}{4}$ full
- Bake in the oven for 30 minutes or until golden in colour and well risen



Did you know!
This is a low fat
vitamin rich muffin