



Muffins

Muffins – less sugar and fat than standard cakes

Ingredients

280g self-raising flour

1 teaspoon baking powder

120g granulated sugar

1 egg

260ml milk

90ml oil (not olive)

Other requirements

12 muffin cases (not bun)

Tin to carry home

Equipment

Muffin tins

Muffin cases

Mixing bowl

Wooden spoon

Whisk

Measuring jug

Spatula

Method

1. Collect muffin tin. Line with 12 muffin cases. Preheat oven to 190°C (gas mark 5).
2. In a large bowl, mix together the flour, baking powder and sugar.
3. In a measuring jug, beat the egg with a fork, then add the oil and milk – beat together with a whisk.
4. Make a well in the centre of dry mix. Pour all of wet ingredients into dry. Stir until just combined.

Batter will be lumpy but no dry flour visible. DO NOT OVERMIX

5. Add additional ingredients. Fold in using 2-3 strokes.
6. Spoon mixture into muffin cases.
7. Bake for 20-25 minutes.

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Sweet muffins – Variations

- Summer Fruit Muffins: add 140g summer fruit (e.g. raspberries, strawberries, blueberries, redcurrants, blackberries, blackcurrants, cherries) fresh or frozen (do not thaw).
- Citrus and Poppy Seed Muffins: add 2 level tsp of grated orange or lemon rind and 1 tsp poppy seeds to the flour. Replace the milk with fresh orange or lemon juice.
- Coconut Muffins: add 50g of desiccated coconut and a few drops of coconut essence/flavouring before the flour and the milk.
- Spice Muffins: add 1 tsp of ginger, ½ tsp of cinnamon and ½ tsp of nutmeg to the flour.
- Ginger Muffins: add 2 tsp ground ginger to the flour.
- Sweet Potato Muffins: add 1 cup cooked and mashed cold sweet potato to the batter plus ¼ tsp each of ground cinnamon and nutmeg and 50g chopped pecans and 50g raisins.
- Hazelnut and Orange Muffins: replace ½ cup of the flour with ½ cup hazelnut meal; rind and juice of 1 orange.
- Rhubarb and Ginger Muffins: add 75g rhubarb, finely chopped, 25g finely chopped glace ginger.
- Banana and Date Muffins: add 1 banana (mashed) plus 50g dates, finely chopped and ½ teaspoon cinnamon.
- Chocolate Muffins: replace 30g flour with 30g cocoa powder.