

## Blueberry Muffins

Blueberry Muffins are a tasty treat. These muffins are great served warm as a dessert with custard or low-fat crème fraîche. You can also adapt this recipe to make different sweet and savoury muffins, please see our suggestions on the back page.

Nutritional information per portion (78g):

calories	fat	saturates	sugars	salt
189.1	8.5g 12%	1.3g 7%	10.7g 12%	0.5g 8%

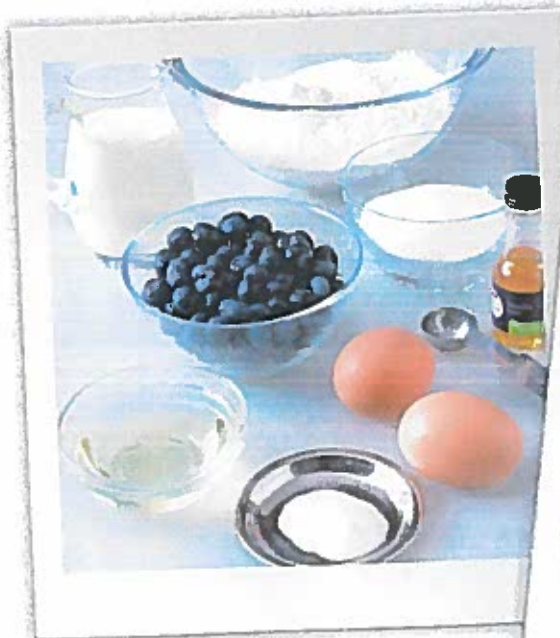
of an adult's guideline daily amount



Wheat/gluten, egg and dairy

### Equipment

- Weighing scales
- Paper muffin cases x 12
- 12 hole muffin tin
- Colander
- Kitchen paper
- Measuring spoons
- Sieve
- Large mixing bowl
- Spatula
- Table knife
- Medium mixing bowl
- Fork
- Measuring jug
- Tablespoon x 2
- Oven gloves
- Cooling rack



### Ingredients

Makes 12 muffins

- 150g blueberries
- 250g white self-raising flour
- 1 x 5ml spoon bicarbonate of soda
- 100g caster sugar

2 eggs

- 200ml semi-skimmed milk
- 85ml sunflower OR rapeseed oil
- 1 x 5ml spoon vanilla extract

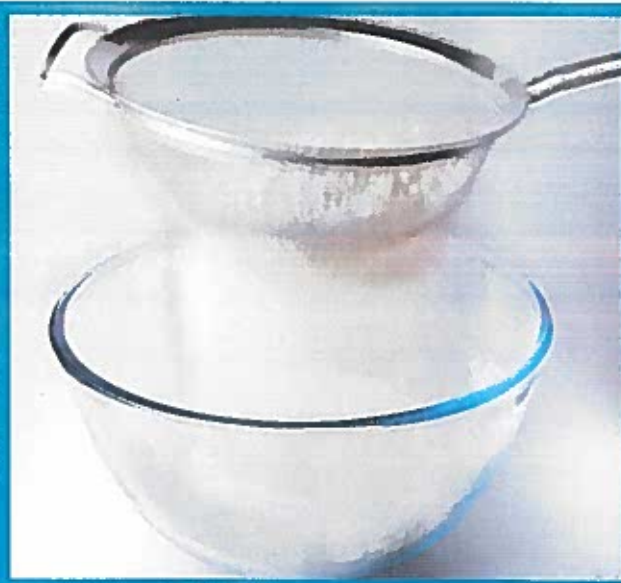
## Step 1

Preheat the oven to 200°C / 180°C fan or gas mark 6 and put the muffin cases into the muffin tin. Wash the blueberries in the colander and pat dry with kitchen paper.



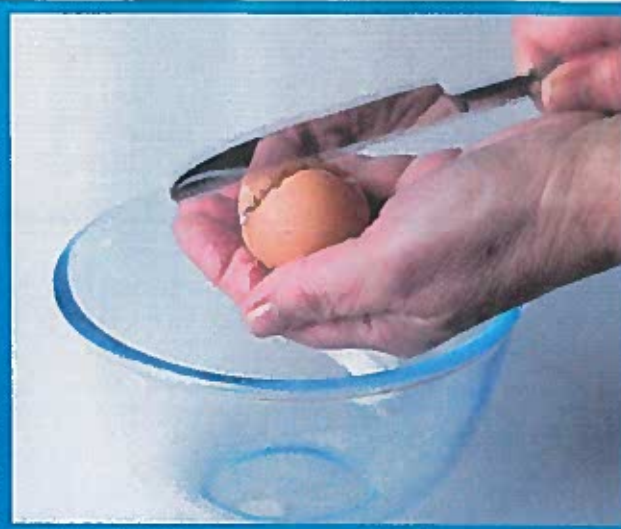
## Step 2

Measure the ingredients. Sieve the flour and bicarbonate of soda into the large mixing bowl. Add the sugar and mix with the spatula.



## Step 3

Using the table knife, break the eggs into the medium bowl and beat with the fork. Wash your hands.



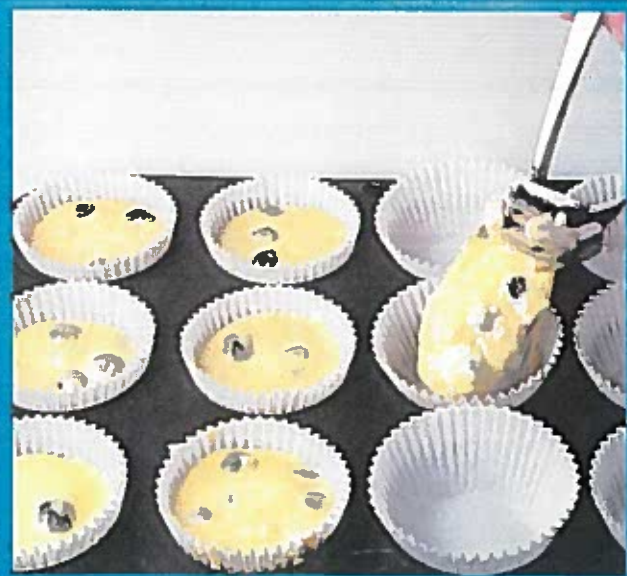
## Step 4

Measure out the milk, oil and vanilla into the measuring jug. Add to the eggs and mix well with the spatula. Now add them to the large mixing bowl. Stir until the lumps have gone (about 30 stirs). Don't beat too much, or your muffins won't rise. Gently fold in the blueberries.



## Step 5

Spoon the mixture into the muffin cases. The easiest way to do this is to use 2 tablespoons. Use one spoon to pick up the mixture and use the other to push it off the spoon into the cases.



## Step 6

Put the muffins in the preheated oven and bake for 15-18 minutes until golden and springy when you touch the top. Remove from the oven and cool on a wire rack.



## Optional Ingredients

Try the optional ingredients below to make a range of different dishes, or you could even add some new ingredients and invent your own dish.

	Additional Instructions
<p><b>Apple and raisin muffins</b> - Add 1 x 5ml spoon cinnamon, 100g grated eating apple and 50g raisins.</p>	<p>Sieve the cinnamon with the flour at step 3. Replace the blueberries with the apple and raisins and add them at step 5.</p>
<p><b>Lemon and raspberry muffins</b> - Add 150g raspberries and the grated rind of one lemon.</p>	<p>Replace the blueberries with the lemon rind and raspberries and add in at step 5.</p>
<p><b>Chocolate chip muffins</b> - Add 25g cocoa powder and 50g chocolate chips.</p>	<p>Reduce the amount of self raising flour to 225g and add 25g cocoa powder and sieve together at step 3. Add the chocolate chips at step 5.</p>
<p><b>Wholemeal cheese and chive muffins</b> - Reduce the amount of white self-raising flour to 125g. Add in 125g wholemeal self-raising flour. Add 25g of chopped chives and 75g low-fat grated strong Cheddar cheese.</p>	<p>Remove the sugar and vanilla from the recipe. Use 125g self-raising wholemeal flour and 125g self-raising white flour at step 3. Add the cheese and chives at step 5.</p>

### Prepare now, eat later

The muffins are best served when warm and fresh out of the oven. The muffins can be stored in an airtight container for up to 2 days. They can also be frozen in freezer bags for up to one month. Before serving defrost for 15 minutes then put them into a hot oven for 5 minutes to warm through.