



# Marvellous Muffins!

Muffins are a well-liked snack that can be enjoyed as a tasty treat. You can make them using a range of different ingredients and have them at anytime of the day. Have a go at making one of these muffin recipes or even make and share your own creation!

Before you begin... wash your hands, tie your hair back and put on an apron. Then read your recipe and collect the ingredients and equipment you need. Make sure to practise 'bridge' and 'claw' when using a sharp knife and when using the oven, always use an oven glove. Finally remember 'tsp' is a teaspoon that you use making a cup of tea, 'dsp' is dessertspoon that we use most often at

## **VERY BERRY MUFFINS** **Great for breakfast!**

### INGREDIENTS (serves 3)

75g wholemeal self-raising flour  
75g white self-raising flour  
75g golden caster sugar  
80g berries (e.g. raspberries, blueberries or a mixture of both)  
75ml milk  
75ml sunflower oil  
1 egg - beaten

### Alternatives:

80g berries – fresh or frozen e.g. blueberries, raspberries  
80g dried fruits raisins, sultanas  
50g chocolate chips (optional)

### METHOD

1. Heat the oven to 200OC/Gas 6.
2. Put all the dry ingredients in the mixing bowl with the fruit.
3. Place the milk, oil and egg in the measuring jug and beat them together with a fork.
4. Pour all the liquid on to the flour and fruit and combine the mixture quickly and lightly to form a lumpy consistency.
5. Spoon the mixture into the muffin cases or moulds and bake for 15 minutes until well risen and golden-brown.



## **CHEESE & BACON MUFFINS** **A filling snack!**

### INGREDIENTS (serves 3)

150g self-raising flour  
75ml oil – vegetable or sunflower  
75ml milk  
75g cheddar cheese – grated  
3 slices cooked bacon – finely chopped  
1 egg - beaten

### Alternatives:

3 slices cooked chicken – finely chopped  
3 slices roast beef – finely chopped

### METHOD

1. Heat the oven to 200OC/Gas 6.
2. Put all the dry ingredients in the mixing bowl with the bacon and cheese.
3. Place the milk, oil and egg in the measuring jug and beat them together with a fork.
4. Pour all the liquid on to the flour and fruit and combine the mixture quickly and lightly to form a lumpy consistency.
5. Spoon the mixture into the muffin cases or moulds and bake for 15 minutes until well risen and golden-brown.

