



## Basic Muffin Recipe

### Ingredients:

- 175g self raising flour
- 100g caster sugar
- 50g margarine
- 1 egg, beaten
- 150ml milk

### Method:

1. Pre-heat oven to 200C/400F/Gas Mark 6.
2. Line a muffin tray with paper cases (or if you have no cases grease the tray).
3. Sieve the flour into a large mixing bowl.
4. Rub the margarine into the flour until the mixture looks like bread crumbs.
5. Add the sugar.
6. Beat the egg and stir into the milk.
7. Stir the liquid into the dry ingredients and **DO NOT** overmix. It should look like lumpy batter. Stir in your choice of filling.
8. Spoon the mixture into paper cases and bake for 20 mins and remove from tray to cool.

### Muffin fillings

#### Chocolate chip and walnut

50g chocolate chips  
25g chopped nuts eg walnuts

#### chocolate chip & ginger

50g choc chips  
1 tsp grated fresh ginger  
15ml golden syrup

**Fruit & spice**

1 tsp mixed spice  
25g dried fruit  
1 med apple, grated

**Nutty pear**

2 canned pear halves  
50g chopped nuts  
1 tsp cinnamon

**Banana**

1 sml banana, mashed  
1 tsp bicarbonate soda  
25g sultanas & 25g chop nuts

**Tropical**

60g mango and 60g pineapple, finely chopped

**Did you know ?**

Blueberries are rich in Vitamins A, C, E and beta-carotene as well as rich in potassium, manganese and magnesium. They are very high in fibre and low in saturated fat, cholesterol and sodium.

Bananas are high in potassium. Potassium helps to keep our muscles working properly. It is also important in keeping blood pressure stable.

**chocolate orange & raisin**

25g cocoa powder, sieved  
25g chopped raisins soaked  
In 50mls pure orange juice

100g peeled and chopped  
apple with 20g sultanas and  
½ teaspoon ground cinnamon

**120g mixed berries** – try a  
selection of blueberries with a  
tiny splash of vanilla essence

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