

Muffins

This recipe for muffins can be varied to incorporate other favourite fruits and flavours.

For banana and chocolate chip, simply replace the 175g of berries by folding in one large peeled mashed banana and 75g of plain chocolate chips

The recipe below makes twelve muffins.

Ingredients

- 250g plain flour
- 1 tbsp baking powder
- 100g caster sugar
- 75g chilled margarine (coarsely grated or spooned into small pieces)
- 1 egg (beaten)
- 175ml milk
- 175g raspberries, blueberries or blackberries



Method

1. Pre-heat oven to 200C / 400F / Gas Mark 6
2. Sift flour and baking powder into a large bowl
3. Stir in sugar and margarine.
4. Mix egg and milk and stir into dry ingredients until just blended – it should be quite lumpy. Add a small amount of extra milk if necessary.
5. Fold in fruit.
6. Spoon mix into 12 paper lined / non-stick muffin tins.
7. Bake for 20-25 minutes.

The recipe above is taken from our Confidence to Cook book. The Recipe for Life project is delivered by Home-Start Aberdeen in partnership with NHS Grampian.