

# Blueberry Muffins

Blueberry muffins are a tasty treat. You can also adapt this recipe to make different sweet and savoury muffins.



Egg, milk and wheat (gluten)\*

Nutritional information per portion (77g):

Energy 830kJ 198kcal 10%	Fat 8g 11%	Saturates 1.3g 6%	Sugars 14g 16%	Salt 0.47g 8%
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of an adult's reference intake.  
Typical values per 100g: energy 1078kJ/257kcal.

## Equipment

Weighing scales  
12 hole muffin tin  
Paper muffin case x 12  
Colander  
Mixing bowl  
Measuring spoons  
Wooden spoon  
Measuring jug x 2  
Fork  
Metal spoon  
Oven gloves  
Pan stand  
Wire rack

## Ingredients

**Makes 12 muffins**  
150g blueberries  
250g self-raising flour  
140g caster sugar  
1 x 5ml spoon bicarbonate of soda  
85ml sunflower oil  
2 eggs  
200ml semi-skimmed milk  
1 x 5ml spoon vanilla extract

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Method

- Preheat the oven to 200°C/180°C fan or gas mark 6.
- Put the paper cases into the muffin tin.
- Wash the blueberries and leave to drain.
- Mix together the dry ingredients (flour, sugar and bicarbonate of soda) in a mixing bowl.
- Place the oil in the measuring jug.
- Beat the eggs separately in a second measuring jug and add to the oil. Rinse out the jug.
- Measure out the milk and vanilla extract and add to the oil and egg mixture.
- Pour the wet ingredients into the dry ingredients and stir until combined.
- Fold in the blueberries.
- Spoon the mixture into the paper cases.
- Bake for 15–18 minutes, until risen and just golden.
- Cool on the wire rack. Serve warm.

### Top Tip

- Make sure the blueberries are dry before adding to the mixture.

### Prepare now, eat later

- Muffins are best eaten straight away. Any leftover muffins can be stored in an airtight container for 2-3 days or frozen for up to 1 month. Defrost fully before eating.

### Skills used include:

Washing, weighing, measuring, mixing/combining, baking and cooling.