



Muffins

(makes 12 - 16)

Preparation time = 35 minutes

Cooking time = 20 minutes

Method:

1. Preheat oven to gas mark 6 / 200 C
2. Line muffin tray with paper muffin cases and weigh all the ingredients
3. Mix together all the dry ingredients in a mixing bowl (flour, salt, sugar)
4. Place the oil in a measuring jug
5. Beat the eggs together in another measuring jug or bowl and add to the oil
6. Measure the milk and add to the egg and oil mixture
7. Add the vanilla extract
8. Slowly add the wet ingredients to the dry ingredients and mix well until smooth
9. Gently fold in any other optional ingredients e.g. fruit, chocolate chips
10. Fill the muffin cases two thirds full
11. Bake in the middle of the oven for approximately 18 - 20 minutes until risen and golden
12. To check they are cooked place a clean knife into a muffin, if the knife comes out clean they are cooked

INGREDIENTS

- 2 eggs (medium)
- 200g caster sugar
- 250ml milk
- 125ml vegetable oil
- 400g self raising flour
- 1 teaspoon vanilla extract
- ½ teaspoon salt

Optional ingredients examples:

- 2 handfuls raspberries
- 2 handfuls blueberries
- 2 handfuls of finely grated carrot
- 2 handfuls chocolate chips
- 2 handfuls dried fruit

EQUIPMENT

- Weighing scales
- 12 hole muffin tray
- 12 paper muffin cases
- Mixing bowl
- Measuring jugs x2
- Measuring spoons
- Wooden spoon
- Whisk
- Small ladle