

Make your own muffins

Ingredients

2 medium eggs

125ml vegetable oil

250ml semi-skimmed milk

400g self-raising flour (or same quantity plain flour and 3 tsp baking powder)

1tsp salt 100g chocolate chips or dried fruit such as sultanas or dried cherries (optional)

Method

1. Heat the oven to 200C/180C fan/gas 6. Line 2 muffin trays with paper muffin cases. In a large bowl beat 2 medium eggs lightly with a handheld electric mixer for 1min.
2. Add 125ml vegetable oil and 250ml semi-skimmed milk and beat until just combined then add 250g golden caster sugar and whisk until you have a smooth batter.
3. Sift in 400g self-raising flour and 1tsp salt (or 400g plain flour and 3tsp baking powder if using) then mix until just smooth. Be careful not to over-mix the batter as this will make the muffins tough.
4. Stir in 100g chocolate chips or dried fruit if using.
5. Fill muffin cases two-thirds full and bake for 20-25 mins, until risen, firm to the touch and a skewer inserted in the middle comes out clean. If the trays will not fit on 1 shelf, swap the shelves around after 15mins cooking.
6. Leave the muffins in the tin to cool for a few mins and transfer to a wire rack to cool completely.