

FRUIT MUFFINS

Ingredients	Oven
75g wholemeal SR flour 75g SR flour 75g golden caster sugar 80g berries, chocolate chips or flavouring of choice 75ml milk 4 x 15ml spoons oil 1 egg	200 °C, Gas 6

Method

1. Set oven and place muffin cases in tin.
2. Put all dry ingredients in a mixing bowl.
3. Place the milk, oil and egg in a jug and beat well.
4. Pour all liquid into the bowl and mix quickly and lightly to a lumpy consistency.
5. Stir in the fruit.
6. Spoon the mixture into the muffin cases and bake for approx 15 minutes until risen and golden brown.