

MUFFINS

INGREDIENTS

150g SR flour
75g caster sugar
1 egg
80mls milk
65mls vegetable oil

VARIATIONS

Use 75g fresh raspberries or cut up strawberries

FOR CHOCOLATE CHIP MUFFINS:

Substitute 25g flour with 25g sieved cocoa powder add 75g chocolate chips.

METHOD

- Heat oven to 190°C
- Sieve the flour (and cocoa powder) into the mixing bowl, stir in the sugar and fruit
- Crack the egg into a small bowl
- Measure the milk and oil carefully, add to the egg, beat with a fork
- Add chocolate chips (if using)
- Pour all the liquid into a mixing bowl
- Lightly mix with a fork to a lumpy mixture
- Spoon mixture into paper cases
- Bake for 15-20 minutes