

Fruit Muffins

This mixture makes 6 large muffins, 12 medium-sized ones or 24 mini muffins.

Ingredients

- 75g self-raising flour
- 75g wholemeal self-raising flour
- 50g caster sugar
- 1 egg – beaten
- 75ml milk
- 75ml vegetable oil
- 50-75g fresh or frozen fruit e.g blueberries, grated apple
- 50-75g sultanas (if using apples)
- Pinch of cinnamon (if using apples)



Method

1. Heat the oven to 190°C/375°F/Gas mark 5
2. Prepare the muffin tins with liners or grease with a little oil
3. In a large bowl, mix together the flours and sugar. Add the fruit.
4. In a measuring jug, beat the egg, milk and oil lightly with a fork.
5. Pour all of the liquid ingredients onto the dry ingredients and fruit.
6. Stir with the tablespoon until only just combined, scraping the sides and bottom of the bowl as you stir. The batter will look lumpy.
7. Using a dessert spoon, $\frac{3}{4}$ fill each muffin case. Bake for 15-20 minutes.
8. The muffins are cooked when they are lightly browned and they spring back when touched.