

Muffins

(WITH VARIOUS FLAVOURINGS)



SALTWATER
P-9 COLLEGE

wisdom begins with wonder

Per student

INGREDIENTS

2 cups self raising flour
½ cup sugar (eg. caster, coconut, raw)
1 egg, lightly beaten
¾ cup milk
½ cup vegetable oil
1 cup of flavouring ingredients:

Flavouring Options (to total 1 Cup)

- *Frozen berries*
- *Desiccated coconut*
- *Canned apple*
- *Dried fruit (eg.cranberries/sultanas)*
- *Rolled oats*
- *Banana*
- *Cinnamon (no more than 1 teaspoon)*

METHOD

1. Preheat the oven to 200°C, and line a muffin tray with patty cases.
2. Select your favourite flavourings (to total 1 cup).
3. Sift the flour and sugar into a large bowl.
4. Combine the wet ingredients (egg, milk & oil) in another bowl.
5. Mix the wet ingredients and the flavourings together.
6. Mix in the dry ingredients. Don't overmix as this will make the muffins tough.
7. Spoon the mixture into the patty cases.
8. Bake for 15 - 20 minutes.
9. Test with a skewer to see if they are ready the skewer must come out clean and dry.
10. Cool on a cooling rack.

