

# Blueberry Muffins

**Blueberry muffins are a tasty treat.** You can also adapt this recipe to make different sweet and savoury muffins. Why not sell them at a school event to raise money for your club?



Dairy, Egg and Wheat



## Equipment

12 hole muffin tin  
12 paper muffin cases  
Colander  
Weighing scales  
Measuring spoons  
Mixing bowl  
Wooden spoon  
2 x measuring jug  
Fork  
Metal spoon  
Oven gloves  
Pan stand  
Wire rack

## Method

1. Preheat the oven to 200°C or Gas Mark 6.
2. Put the paper cases into the muffin tin.
3. Wash the blueberries and leave to drain.
4. Mix together the dry ingredients (flour, sugar and bicarbonate of soda) in a mixing bowl.
5. Place the oil in the measuring jug.
6. Beat the eggs separately in a second measuring jug and add to the oil. Rinse out the jug.
7. Measure out the milk and vanilla extract and add to the oil and egg mixture.
8. Pour the wet ingredients into the dry ingredients and stir until combined.
9. Fold in the blueberries.
10. Spoon the mixture into the paper cases.
11. Bake for 15-18 minutes, until risen and just golden.
12. Cool on the wire rack. Serve warm.

## Top tips

- Don't overmix or the muffins will be tough.
- These muffins can be stored in an airtight container for 2-3 days.

## Ingredients

**Makes 12 muffins**

150g blueberries  
250g self-raising flour  
140g caster sugar  
1 x 5ml spoon bicarbonate of soda  
85ml sunflower oil  
2 eggs  
200ml semi-skimmed milk  
1 x 5ml spoon vanilla extract

