



Blueberry muffins

You will need:

- 250g self raising flour
- 100g caster sugar
- 1tsp bicarbonate of soda
- 85ml vegetable oil
- 2 eggs
- 200ml milk
- 150g blueberries

Don't fancy blueberries?

Substitute for 150g of your chosen flavours instead, such as...

- Fresh raspberries / chopped strawberries
- Raisins (with a little lemon zest too)
- White chocolate chunks and cranberry / apricot
- Any other dried fruit
- Chocolate chips

Top tips

- Don't overmix! It's not a cake mixture, so a few lumps will make a better muffin!
- You can also use a mixture of wholemeal and white flours

Allergens

- Gluten (try gluten free flour)
- Milk (use plant based milk)
- Eggs

Measure the dry ingredients into a large bowl and mix together

Measure the wet ingredients into a separate bowl or large jug and mix together well, using a fork

Add your additional flavours, such as blueberries, to the dry ingredients and then pour the wet ingredients over the top

Using a spatula, combine the two mixtures together, but try not to overmix. You want a slightly lumpy texture for the best muffins!

Place 12 muffin cases onto a muffin baking tray and spoon the mixture evenly between the cases

Preheat the oven to 180°C

Bake for approximately 15 minutes, until golden in colour and soft to touch. Transfer to a wire rack and allow to cool

For more recipes, visit www.wisherefordshire.org/cooking

