

YEAR 5 SUMMER TERM BREAKFAST MUFFINS Makes 12

Equipment

Scales
Sieve
Large mixing bowl
Metal spoon
Measuring jug
Fork
Muffin tin
Cake cases
Measuring spoons
Equipment for chosen filling

Ingredients

100g self-raising flour
100g self-raising wholemeal flour
2 tsp baking powder
1 tsp mixed spice
50g light brown sugar
125ml sunflower oil
2 medium eggs
2 tbsp natural yoghurt

Fillings -

Apple & Sultana – 2 cored and grated apples, 100g sultanas

Banana & Date – 2 peeled and mashed bananas- 50g chopped dates

Pear & Blueberry – 2 cored and grated pears, 100g blueberries

Orange & Cranberry –zest and juice of 1 orange, 100g dried cranberries

Carrot – 2 peeled and finely grated medium carrots.juice of 1 orange

Method

1. Preheat the oven to 200°C/Gas mark 6. Line a 12 bun muffin tin with 12 paper cases.
 2. Measure and sieve the flours, baking powder and spices into a bowl. Put any wholemeal bran back into the sieved ingredients. Stir in the sugar.
 3. Measure out the sunflower oil. Beat the eggs into the oil. Prepare the fruit filling of your choice.
 4. Using a fork, stir the eggs, sunflower oil and fruit quickly into the dry ingredients. Just stir well a few times. The mix should be a lumpy paste.
 5. Now add the yoghurt and stir lightly a few more times until just mixed.
 6. Divide the mix between the paper cases so that they are 2/3 full.
 7. Bake for about 20 minutes until golden and risen. Leave in the tins to cool for about 5 minutes then remove from the tin.
- *Make a batch at the weekend, wrap and freeze for up to 1 month.*
 - *Great warmed and buttered for breakfast or put one in your lunch box.*
 - *Reheat in a microwave on HIGH for 20 seconds*