**Muffins**

**Ingredients**

150g SR flour

1 egg

40g caster sugar

50g butter or margarine

110ml milk

EXTRAS: Use at least one:

100g blueberries

50g chopped nuts

110g fresh or dried apricots

½ banana

1 apple – chopped or grated

1 carrot – grated

75g chocolate chips

1 tbsp cocoa powder

1 tsp cinnamon or mixed spice

**cm**

**Equipment**

Chopping board

Vegetable knife

Mixing bowl

Mixing spoon

Weighing scales

Muffin tins

Muffin cases

Cooling rack

**Method**

1. Pre-heat an oven – gas mark 6 / 200°C.

2. Melt the butter or margarine in a bowl in the microwave on high for 50

seconds.

3. Mix in the sugar, egg and milk.

4. Prepare the extra ingredients – if required.

5. Add all the extra ingredients to the mixture.

6. Sieve the flour on to the mixture and fold in using a large metal spoon.

7. Spoon equal amounts into muffin cases in muffin tins.

8. Bake for 20-30 minutes.

9. Cool for at least 5 minutes before transferring on to a cooling rack.