

Muffins (assessment practical)

Ingredients

125g SR Flour

½ tsp baking powder

Pinch salt

50g sugar

1 egg

100ml milk

1 tblsp oil

Flavourings – choose ONE

25g fresh fruit e.g. blueberries, raspberries etc

25g dried fruit e.g. sultanas, apricots, cherries

1 banana (reduce milk to 40ml)

Orange / lemon (grated zest)

25g tinned fruit (well drained)

6 Muffin cases, large container

Apron