

Fruit Muffins*

Ingredients

225g	plain flour
1 ½ tsp	baking powder
¼ tsp	salt
50g	caster sugar
30g	butter
115ml	milk
100g	fruit eg 1 banana or 1 apple or 75g of berries

Method

- 1 Preheat oven to 200oC/ No 6.
- 2 Place 6 muffin cases in a muffin tin.
- 3 Sift flour, salt and baking powder into a bowl.
- 4 In a separate bowl cream together the sugar and butter.
- 5 Stir the flour into the sugar mixture alternately with the milk.
- 6 Fold in the fruit.
- 7 Divide the mixture between the muffin cases and cook in the oven for 20 to 25 minutes.