

Fruit Muffins

Ingredients

120g	self raising flour
1/2tsp	baking powder
50g	caster sugar
60ml	vegetable oil (4 tbsps)
1	egg
1	carton of yoghurt (125ml)
150g	fresh fruit e.g. 100g berries, 2 apples, 2 small bananas

Method

- 1 Preheat the oven to 200oC gas mark 6.
- 2 Put 6 cases into a muffin tray.
- 3 Prepare the fruit.
- 4 Sift the flour and baking powder into a bowl.
- 5 Stir in the sugar.
- 6 In a separate bowl combine the egg, milk and oil. Whisk with a fork.
- 7 Gently stir the liquid mixture into the dry ingredients.
- 8 Fold in the fruit.
- 9 Divide into the cases and bake for 25 minutes.
- 10 Remove from the oven when the muffins spring back to touch.
Cool on a cooling rack.

