



Triple P Muffins

Ingredients

250g self raising flour
2 x 5ml spoons of baking powder
100g caster sugar
230ml semi skimmed milk
1 egg
60ml oil
150g canned fruit, drained

Equipment

Weighing scales, large bowl, measuring spoons, measuring jug, wooden spoon, cake cases, patty tin, can opener, 2 metal spoons, cooling rack.

Method

1. Preheat oven to 180°C or gas mark 4.
2. Place the muffin cases into the muffin tin.
3. Mix all the ingredients together to form a smooth batter.
4. Stir in the fruit.
5. Divide the mixture equally between the cake cases using 2 spoons.
6. Bake for 20 - 25 minutes, until golden.
7. Allow to cool on a cooling rack.

Top tips

- Vary the type of fruit you use. Try bananas, cherries or blueberries.
- Experiment with different spices, such as cinnamon, ginger or mixed spice.

Skills

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|------------------------|--------------|----------------------|----------|--|--|
| Weighing/ measuring | Using a oven | Combining/ Mixing | Dividing | | |
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