

MUFFINS to make 6 Double quantities to make 12

125g plain flour
70g sugar
½ tsp bicarbonate of soda
80ml semi-skimmed milk
40ml vegetable oil
1 egg
½ tsp vanilla essence
70g of fruit e.g sultanas, banana etc (fruit flakes are a good substitute available in Tesco's use 1 or 2 pkts)



Set oven to 200°C or gas mark 6

Sieve flour and bicarbonate of soda into a bowl. Add sugar and fruit of your choice, mix together with a spoon.

In a measuring jug place the milk, egg, vegetable oil and vanilla essence blend with a fork.

Once your oven has reached cooking temperature you can add the 'wet' ingredients to the 'dry' ingredients. Mix well but do not over mix. Approximately 20 stirs.

Divide mixture evenly between 6 muffin cases and bake in the oven for about 15 minutes.