

Blueberry Muffins

Blueberry Muffins are a tasty treat. These muffins are great served warm as a dessert with custard or reduced-fat crème fraîche. You can also adapt this recipe to make different sweet and savoury muffins, please see our suggestions on the back page.



Egg, milk and wheat (gluten)*

Nutritional information per portion (77g):

Energy	Fat	Saturates	Sugars	Salt
830kJ 198kcal 10%	8g 11%	1.3g 6%	14g 16%	0.47g 8%

of an adult's reference intake.

Typical values per 100g: energy 1078kJ/257kcal.

Equipment

- Weighing scales
- Paper muffin cases x 12
- 12 hole muffin tin
- Colander
- Kitchen paper
- Measuring spoons
- Sieve
- Large mixing bowl
- Spatula
- Table knife
- Medium mixing bowl
- Fork
- Measuring jug
- Tablespoon x 2
- Oven gloves
- Cooling rack



Ingredients

Makes 12 muffins

- | | |
|-----------------------------------|-------------------------------|
| 150g blueberries | 2 eggs |
| 250g white self-raising flour | 200ml semi-skimmed milk |
| 1 x 5ml spoon bicarbonate of soda | 85ml sunflower oil |
| 100g caster sugar | 1 x 5ml spoon vanilla extract |

* Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.

Step 1

Preheat the oven to 200°C/ 180°C fan or gas mark 6 and put the muffin cases into the muffin tin. Wash the blueberries in the colander and pat dry with kitchen paper.



Step 2

Measure the ingredients. Sieve the flour and bicarbonate of soda into the large mixing bowl. Add the sugar and mix with the spatula.



Step 3

Using the table knife, break the eggs into the medium bowl and beat with the fork. Wash your hands.



Skills used include:

Washing, weighing, measuring, mixing/combining, baking and cooling.

www.bda.uk.com

Copyright © The British Dietetic Association
BDA290

BDA The Association
of UK Dietitians

Step 4

Measure out the milk, oil and vanilla extract into the measuring jug. Add to the eggs and mix well with the spatula. Now add them to the large mixing bowl. Stir until the lumps have gone (about 30 stirs). Don't beat too much, or your muffins won't rise. Gently fold in the blueberries.



Step 5

Spoon the mixture into the muffin cases. The easiest way to do this is to use 2 tablespoons. Use one spoon to pick up the mixture and use the other to push it off the spoon into the cases.



Step 6

Put the muffins in the preheated oven and bake for 15-18 minutes until golden and springy when you touch the top. Remove from the oven and cool on a wire rack.



Optional Ingredients

Try the optional ingredients below to make a range of different dishes. You could even add some new ingredients and invent your own dish.

Additional Instructions

Apple and raisin muffins – Add 1 x 5ml spoon of cinnamon, 100g of grated eating apple and 50g of raisins.	Sieve the cinnamon with the flour at step 3. Replace the blueberries with the apple and raisins and add them at step 5.
Lemon and raspberry muffins – Add 150g of raspberries and the grated rind of one lemon.	Replace the blueberries with the lemon rind and raspberries and add in at step 5.
Chocolate chip muffins – Add 25g of cocoa powder and 50g of chocolate chips.	Reduce the amount of self raising flour to 225g and add 25g of cocoa powder and sieve together at step 3. Add the chocolate chips at step 5.
Wholemeal cheese and chive muffins – Reduce the amount of white self-raising flour to 125g. Add in 125g of wholemeal self-raising flour. Add 25g of chopped chives and 75g of reduced-fat grated strong Cheddar cheese.	Remove the sugar and vanilla from the recipe. Use 125g of self-raising wholemeal flour and 125g of self-raising white flour at step 3. Add the cheese and chives at step 5.

Prepare now, eat later

The muffins are best served when warm and fresh out of the oven. The muffins can be stored in an airtight container for up to 2 days. They can also be frozen in freezer bags for up to one month. Before serving defrost for 15 minutes then put them into a hot oven for 5 minutes to warm through.