

Breakfast Sizzler Muffins

Muffins can be savoury as well as sweet! Make a batch of these tasty bacon and spring onion muffins. They are ideal for a group picnic or you could treat someone to a special breakfast in bed.



Egg, milk and wheat (gluten)*

Nutritional information per portion (63g):

Energy 722kJ 172kcal 9%	Fat 9.7g 14%	Saturates 1.9g 10%	Sugars 1.4g 2%	Salt 0.86g 14%
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of an adult's reference intake.
Typical values per 100g: energy 1146kJ/273kcal.

Equipment

Weighing scales
12 hole muffin tin
Paper muffin case x 12
Mixing bowl
Measuring spoons
Wooden spoon
Measuring jug x 2
Fork
Scissors (optional)
Chopping board
Sharp knife
Colander
Metal spoon
Pan stand
Oven gloves
Wire rack

Ingredients

Makes 12 muffins
4 rashers lean bacon
250g self-raising flour
1 x 5ml spoon bicarbonate of soda
85ml sunflower oil
2 eggs
100ml semi-skimmed milk
100ml low-fat natural yoghurt
3 spring onions

*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.



Top Tip

- Grill the bacon until it is really crispy, this makes it easier to crumble.

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Method

1. Grill the bacon under a hot grill. Leave to cool.
2. Preheat the oven to 200°C/180°C fan or gas mark 6.
3. Put the paper cases into the muffin tin.
4. Mix together the dry ingredients (flour and bicarbonate of soda) in a mixing bowl.
5. Place the oil in a measuring jug.
6. Beat the eggs separately in a second measuring jug and add to the oil. Rinse out the jug.
7. Measure out the milk and natural yoghurt and add to the oil and egg mixture.
8. Crumble the bacon into small pieces. If your bacon is crispy, you should be able to do this by hand or you can cut it up with a pair of scissors.
9. Wash, top and tail and finely slice the spring onions.
10. Fold in the spring onions and bacon pieces. Pour the wet ingredients into the dry ingredients and stir until combined.
11. Spoon the mixture into the paper cases.
12. Bake for 15–18 minutes, until risen and just golden.
13. Cool on the wire rack. Delicious served warm.

Something to try next time

- Add 50g of grated reduced-fat cheese with the bacon at step 10.

Prepare now, eat later

- Muffins are best eaten soon after baking, but any leftovers can be kept in the fridge for up to 24 hours. Eat cold or reheat (only once) in a hot oven preheated to 180°C/160°C fan or gas mark 4 for 5-8 minutes or until piping hot.
- Cool the freshly baked muffins and freeze for up to 1 month. Defrost thoroughly and reheat (only once) in a preheated oven 180°C/160°C fan or gas mark 4 for 5-8 minutes or until piping hot.

Skills used include:

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

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