

Spiced Mincemeat Muffins

These muffins are an easier and lighter alternative to mince pies.



Egg, milk, sulphites and wheat (gluten)*

Nutritional information per muffin (72g):

Energy 874kJ 208kcal 10%	Fat 8.4g 12%	Saturates 1.3g 6%	Sugars 16g 18%	Salt 0.47g 8%
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of an adult's reference intake.
Typical values per 100g: energy 1213kJ/289kcal.

Equipment

Weighing scales
12-hole muffin tin
Paper muffin case x 12
Measuring spoons
Mixing bowl
Wooden spoon
Measuring jug x 2
Fork
Oven gloves
Wire rack

Ingredients

Makes 12 muffins
250g self-raising flour
100g golden caster sugar
1 x 5ml spoon bicarbonate of soda
2 x 5ml spoons mixed spice
85ml sunflower oil
2 eggs
200ml semi-skimmed milk
125g mincemeat

*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.



Method

1. Preheat the oven to 200°C/180°C fan or gas mark 6.
2. Put the paper cases into the muffin tin.
3. Mix together the dry ingredients (flour, sugar, bicarbonate of soda and mixed spice) in a mixing bowl.
4. Place the oil in the measuring jug.
5. Beat the eggs separately in a second measuring jug and add to the oil. Rinse out the jug.
6. Measure out the milk and add to the oil and egg mixture.
7. Pour the wet ingredients into the dry ingredients and stir until combined.
8. Fold in the mincemeat.
9. Spoon the mixture into the paper cases.
10. Bake for 15–20 minutes, until risen and just golden.
11. Cool on the wire rack. Serve warm.

Skills used include:

Weighing, measuring, beating, mixing/combining, folding and baking.

Top Tip

- Don't over mix or the muffins will be tough.

Something to try next time

- Use 150g of dried mixed fruit instead of the mincemeat.
- Why not try making your own Sweet Mincemeat? See the recipe on our website.

Prepare now, eat later

- Muffins are delicious eaten warm from the oven, but can be kept in an airtight container for up to 2 days.
- Freeze for up to a month and defrost thoroughly before eating.