KS1	✓	KS2	✓	Hob		Oven	✓	Can be cooked at home	

Muffins

(Makes 12)

Preparation time = 35 minutes

Cooking time = 20 minutes

INGREDIENTS

- 2 eggs (medium)
- 200g caster sugar
- 250ml milk
- 125ml vegetable oil
- 400g self raising flour
- 1 teaspoon vanilla extract
- ½ teaspoon salt

Optional ingredients examples:

- 2 handfuls raspberries
- 2 handfuls blueberries
- 2 handfuls of finely grated carrot
- 2 handfuls chocolate chips
- 2 handfuls dried fruit

EQUIPMENT

- Weighing scales
- 12 hole muffin tray
- 12 paper muffin cases
- Mixing bowl
- Measuring jugs x2
- Measuring spoons
- Wooden spoon
- Whisk
- Small ladle

Method:

1. Preheat oven to gas mark 6 / 200°C
2. Line muffin tray with paper muffin cases and weigh all the ingredients
3. Mix together all the dry ingredients in a mixing bowl (flour, salt, sugar)
4. Place the oil in a measuring jug
5. Beat the eggs together in another measuring jug or bowl and add to the oil
6. Measure the milk and add to the egg and oil mixture
7. Add the vanilla extract
8. Slowly add the wet ingredients to the dry ingredients and mix well until smooth
9. Gently fold in any other optional ingredients e.g. fruit, chocolate chips
10. Fill the muffin cases two thirds full
11. Bake in the middle of the oven for approximately 18 - 20 minutes until risen and golden
12. To check they are cooked place a clean knife into a muffin, if the knife comes out clean they are cooked

KS1	✓	KS2	✓	Hob		Oven	✓	Can be cooked at home	

Facilitator Notes

Skills:

Weighing/measuring
Breaking an egg
Whisking
Mixing / folding
Pouring
Baking

Risk Assessment points to consider:

Use of oven

Special Dietary Requirements:

Milk allergy – use dairy free milk

Wheat/gluten allergy – use gluten free flour

Containers:

Once cooled, wrap in tin foil and label appropriately

Key Messages:

Discuss where cakes fit into the Eatwell plate and talk about why we shouldn't eat too much cake e.g. high in sugar / fat. Homemade cake is better than shop bought because they do not contain added preservatives etc. Talk about what other ingredient could be added to the muffins

Storage / Reheating:

Once cooled, keep in an airtight container for up to 4 days

Suggestions:

- **This recipe works well with small groups of pupils. Set up a workstation for each group with appropriate ingredients and equipment.**
- **Divide each group into 2 further groups, with group 1 preparing the wet ingredients and group 2 preparing the dry ingredients. Support pupils to weigh and measure the ingredients**
- **Talk through each stage of the recipe, demonstrating specific skills where necessary e.g. breaking an egg, whisking, folding mixing, filling the muffin cases**
- **Keep the wet ingredients and dry ingredients separate until the end when they are combined.**
- **Suggested label:**

Muffins NAME: CLASS: DATE:

Storage instructions: Store in an airtight container for up to 4 days