**Blueberry or Banana Muffins**

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| ***Ingredients*** | ***Equipment*** |
| 3 tablespoons vegetable oil | fork |
| 1 egg | mixing bowl |
| 4 tablespoons milk | weighing scales |
| 50g caster sugar | wooden spoon |
| 125g self-raising flour | muffin baking tin |
| 75g blueberries or half a banana, mashed | measuring spoons |
|  | tablespoon |

***Method***

1. Prepare yourself and your work area. Get equipment out.
2. Check that the oven is turned on to the correct temperature – Gas Mark 5 / 190°c.
3. Beat the egg in a mixing bowl with a fork.
4. Add the milk and oil. Mix together.
5. Add the sugar. Mix.
6. Stir through the flour and the blueberries/banana.
7. Don’t over mix as your muffins will become tough.
8. Evenly distribute the mixture between 6 cases.
9. Bake in oven for 20 minutes until well-risen and golden.

