

MAGIC
MUFFIN
FAIRY



RECIPE PACK



MAGIC MUFFIN FAIRY

WHAT IS IT?

The Magic Muffin Fairy Theme Day gives pupils the opportunity to nominate a pupil or teacher to receive a free muffin and letter from the Magic Muffin Fairy. This is the perfect opportunity to cheer people up or celebrate the efforts of someone who has gone the extra mile during this difficult time.

WHY SHOULD I RUN IT?

The Magic Muffin Fairy should be run from 22nd March and can then continue to be run after the Easter break.

WHAT DO I NEED?

You'll need to ensure you have school compliant muffins to give to the nominated people.

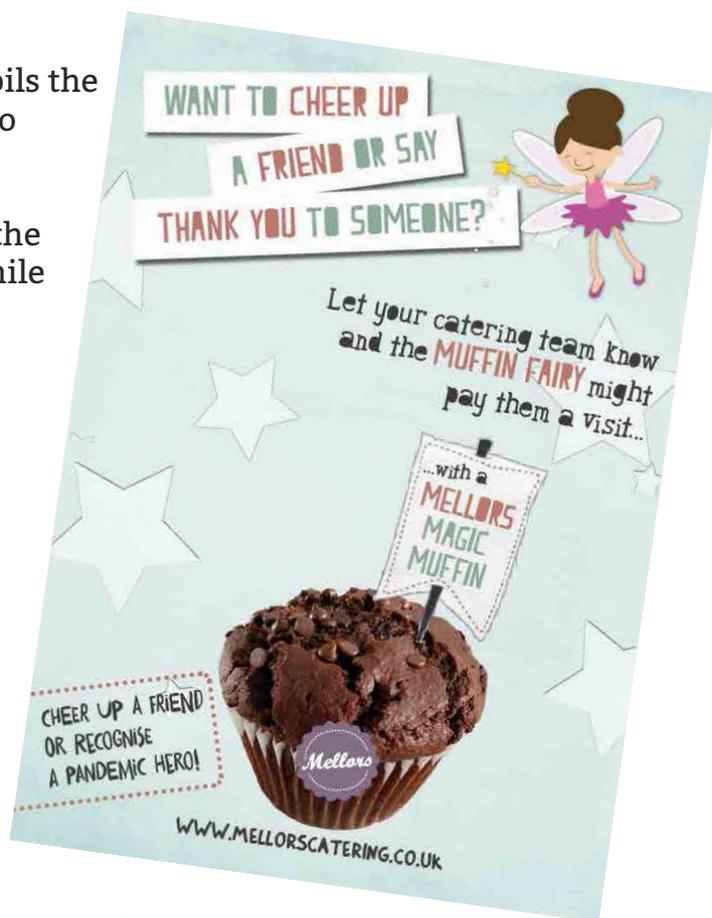
In this pack there are several recipes for delicious muffins for you to make.

You'll also need to print out the Magic Muffin Fairy slips.

There is a page of them at the back of this booklet but these can also be downloaded from the main page of Staffroom.

Speak to your Area Manager to determine how to give these muffins out, it might be that you could do it in assembly or in class.

Why not really throw yourself into the idea of the Magic Muffin Fairy by dressing up too? You know the type of thing...wings, glitter, tutus!



PRIMARY MUFFIN RECIPES

BLUEBERRY AND BANANA MUFFINS

THE RECIPE MAKES 24 PRIMARY SERVINGS OF 45G

QUANTITY	INGREDIENT
85G	FULL-FAT GREEK YOGURT
85 ML	VEGETABLE OIL
150G	SOFT LIGHT BROWN SUGAR
2	EGGS, BEATEN
200G	SELF-RAISING FLOUR
120G	WHOLEMEAL FLOUR
½ TSP	GROUND CINNAMON
1 TSP	GROUND GINGER
2	VERY RIPE BANANAS, MASHED
170G (70G RESERVED)	BLUEBERRIES

METHOD

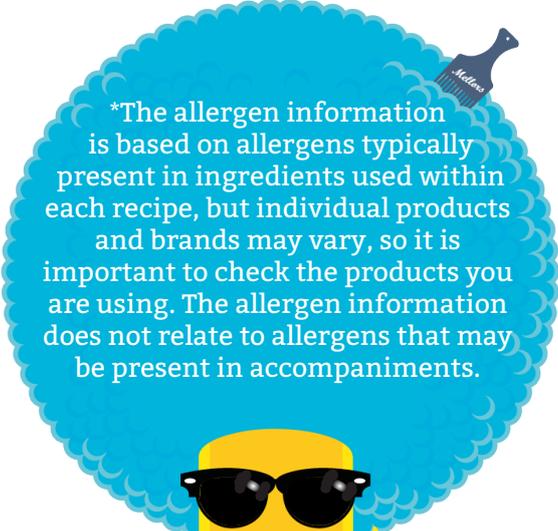
1. Preheat the oven to 150°C/Gas mark 3½. Line a bun/muffin tin with paper cases.
2. In a large mixing bowl, whisk the yogurt, oil and sugar until smooth.
3. Then whisk in the eggs.
4. Add the remaining ingredients and stir until just combined - don't overmix.
5. Divide the mix among the cases, then push the reserved blueberries into the top of each muffin.
6. Bake for 30-35 minutes or until a skewer pushed into the centre comes out clean. Cool on a wire rack.

CHEF'S TIPS

Use frozen berries when berries are out of season as this will be cheaper.

ALLERGY INFORMATION*

Egg, milk, wheat (gluten)



*The allergen information is based on allergens typically present in ingredients used within each recipe, but individual products and brands may vary, so it is important to check the products you are using. The allergen information does not relate to allergens that may be present in accompaniments.



CHOCOLATE AND BEETROOT MUFFINS

THE RECIPE MAKES 24 PRIMARY SERVINGS OF 40G
OR 18 SECONDARY SERVINGS OF 50G

QUANTITY	INGREDIENT
115G	SOFT MARGARINE
115G	SUGAR
2	EGGS. BEATEN
225G	PLAIN FLOUR
12G	BAKING POWDER
50G	BLACK TREACLE
50G	COCOA POWDER
150G	COOKED BEETROOT. GRATED
1/2	ORANGE. ZESTED
160ML	ORANGE JUICE

METHOD

1. Preheat the oven to 180°C/Gas mark 4.
2. Cream together the margarine and sugar until light and fluffy.
3. Gradually add the eggs.
4. Mix the flour, baking powder and cocoa powder and add to the mixture and combine.
5. Add the remaining ingredients and mix well.
6. Pour the sponge mixture between 24 muffin cases and bake in the oven for 20-30 minutes until firm to the touch.

ALLERGY INFORMATION*

Egg, milk, sulphites, wheat (gluten)

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COURGETTE AND APPLE MUFFINS

THE RECIPE MAKES 24 PRIMARY SERVINGS OF 50G
OR 18 SECONDARY SERVINGS OF 65G

QUANTITY	INGREDIENT
250G	SOFT MARGARINE
175G	SUGAR
25G	HONEY
4	EGGS. BEATEN
250G	SELF-RAISING FLOUR
1/2 TSP	BAKING POWDER
1	COURGETTE. GRATED
1	APPLE. PEELED AND DICED OR GRATED

METHOD

1. In a bowl, beat together the margarine, sugar and honey until light and fluffy.
2. Gradually add the eggs with a tablespoon of flour to prevent the mixture splitting.
3. Add the remaining flour and baking powder and mix well.
4. Add the courgette and apple to the mix and combine well.
5. Divide the mixture between muffin cases and bake in a preheated oven at 180°C/
Gas mark 4 for approximately 20-25 minutes or until they are cooked and have reached the core cooking temperature.

ALLERGY INFORMATION*

Egg, milk, wheat (gluten)

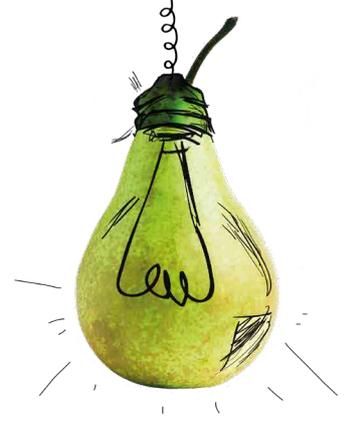
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SECONDARY MUFFIN RECIPES

BLUEBERRY MUFFINS

This recipe makes 18 secondary servings of 55g



QUANTITY	INGREDIENT
110g	Vegetable oil
220g	Caster sugar
4	Eggs, beaten
1	Zest of 1 and juice of 1/2
1tsp	Bicarbonate of soda
1/2tsp	Salt
245g	Plain flour
1tsp	Ground cinnamon
175g	Frozen blueberries

METHOD

1. Preheat the oven to 160°C/Gas mark 3. Place muffin cases into a muffin tray.
2. Mix the oil and sugar together.
3. Slowly add the eggs, making sure that the mixture doesn't split.
4. Add in the lemon juice and zest.
5. Add the rest of the dry ingredients and mix well, making sure there are no lumps.
6. Gently fold in the blueberries.
7. Divide the mixture between the muffin cases and bake for 20 minutes until cooked and the core cooking temperature is reached.

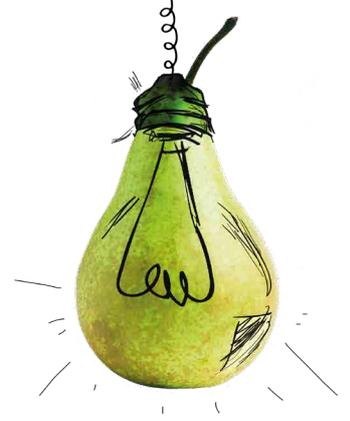
ALLERGY INFORMATION*

Egg, milk, wheat (gluten)

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APPLE, CARROT AND BRAN MUFFINS

This recipe makes 18 secondary servings of 60g



QUANTITY	INGREDIENT
110g	Vegetable oil
220g	Caster sugar
4	Eggs, beaten
1	Zest of 1 and juice of 1/2
1tsp	Bicarbonate of soda
1/2tsp	Salt
245g	Plain flour
100g	Carrots, grated
80g	Sultanas
80g	Bran flakes
2	Granny Smith apples, cored and chopped (skins left on)

METHOD

1. Preheat the oven to 160°C/Gas mark 3.
2. Mix the oil and sugar together. Slowly add the eggs making sure that the mixture doesn't split.
3. Add the bicarbonate of soda, salt and plain flour and mix well, making sure there are no lumps.
4. Gently fold in the carrot, sultanas, bran flakes and apple.
5. Divide the mixture between the muffin cases and bake for 20 minutes until cooked and the core cooking temperature is reached.

ALLERGY INFORMATION*

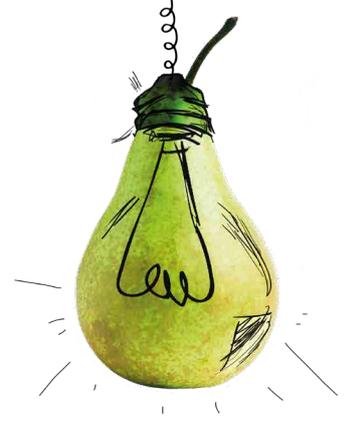
Barley (gluten), egg, oats (gluten), wheat (gluten)

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MANGO AND BANANA MUFFINS

This recipe makes 18 secondary servings of 110g

This is a 50% fruit-based dessert



QUANTITY	INGREDIENT
120g	Soft brown sugar
220g	Soft margarine
4	Large eggs
6	Ripe bananas
450g	Self-raising flour
200g	Sultanas
200g	Ripe mango or canned mango in juice, chopped
40g	Rolled oats

METHOD

1. Preheat the oven to 200°C/Gas mark 6.
2. Cream the sugar and margarine together until light and pale, then add the eggs one at a time and whisk until light and airy.
3. Mash the bananas until soft and fold into the mixture, followed by the flour.
4. Gently fold in the sultanas and chopped mango, ensuring the fruit is evenly distributed.
5. Spoon the mixture into muffin cases, half-filling each case.
6. Sprinkle a few oats over the top of each muffin.
7. Bake for 15-20 minutes until the muffins are golden brown and a skewer inserted into the middle comes out clean. Ensure the core cooking

ALLERGY INFORMATION*

Barley (gluten), egg, oats (gluten), wheat (gluten)

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MAGIC MUFFIN FAIRY



On this day you, special you,
have been visited by me! Maybe someone
tipped me off that you were in need of a Magic Muffin.

Enjoy this crumbly, warming muffin.

Mellors

You deserve it!

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