

# Mad MUFFINS

This mega muffin mix  
can be sweet or savoury  
– you decide!

mend



## What you need:

- 1½ cups wholemeal self-raising flour
- 1 cup whole rolled oats
- 2½ teaspoons baking powder
- ¼ teaspoon bicarbonate of soda
- 250mls (about 1 cup) skimmed milk
- 2 tablespoons vegetable oil or reduced fat spread
- 1 egg
- ¼ cup brown sugar
- ¼ teaspoon ground cinnamon
- Fruits of your choice

### Easy freezy

Why not make a big batch of muffins, eat one or two, then freeze a few for later in freezer bags? Great to grab for breakfast or put in your lunch box.

## Fast facts

Serves: **12** persons

Prep time: **6** mins

Skill-o-meter: **Medium**

Cooking time: **20** mins

Eat me when? Breakfast on the run or in your lunch box.

# What to do:



## Mix it up

Have you ever heard of courgette in a muffin?

We'll don't knock it till you try it. Make these muffins savoury by swapping the brown sugar and cinnamon for 50g of reduced fat cheese, some dried herbs such as thyme or basil and a grated vegetable of your choice. Why not try grated carrot, courgette, or even mashed sweet potato.

### Step 1

Preheat the oven to 200°C, then grease a 12-cup muffin tray with cooking spray

### Step 2

Sift your flour, baking powder, baking soda, and add all other dry ingredients

### Step 3

In another bowl, whisk the egg, milk and vegetable oil together

### Step 4

Make a hole in the middle of your dry ingredients and pour in the milky, eggy mixture

### Step 5

Add your fruit and gently mix

### Step 6

Spoon the mixture into your muffin tray and cook for 15-20 minutes (or until a knife comes out of the muffins clean)

### Step 7

Leave for 5 minutes or so before you get your muffins out of the tray.

**Don't over-mix or you'll make rocks, not muffins**



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