

Fruit muffins

Makes 4

Equipment

Saucepan
Green Fruit Chopping board
Sharp knife
Dessertspoon
Fork
Teaspoon
Mixing bowl
Muffin tin
Muffin cases
Preparation time 20 mins
Cooking Time 15 Mins
Oven temperature 200°C/Gas6

Ingredients

150g mixed fresh fruits/Frozen Fruits
1 dessertspoon soft brown sugar
1 dessertspoon caster sugar
1 dessertspoon oil
1 whole egg
1 teaspoon ground ginger, ground cinnamon and all spice
A pinch of ground nutmeg
1 teaspoon baking powder
3 heaped dessertspoons self-raising flour

Assemble all the ingredients and equipment you will need to make **Summer fruit muffins**.
Make sure you wash your hands and wear a clean apron.

METHOD

1. Cut the fruit into small pieces if fresh or take out frozen fruit.
2. Crack the egg into the mixing bowl and whisk well with the fork.
3. Add the sugar and carry on whisking, add the oil and whisk again
4. Add the prepared fresh or frozen fruit.
5. Sift half of the flour into the mixture and mix well again. Sift the cinnamon, baking powder and remaining flour and fold gently until everything is combined. The mixture needs to be quite thick, only falling off a spoon very slowly.
6. Place the muffin cases into the bun tin. Using a dessert spoon, fill each case $\frac{3}{4}$ full with your fruit mixture.
7. Put them into the preheated oven for 20-25 minutes. The muffins are ready when you stick a sharp knife or tooth pick into the sponge and the knife comes out clean not sticky!
8. Remove from the oven and allow to cool on a wire rack.

- Everyone should help with the clearing up and tidying away.
This part is just as important as the cooking and can be as much fun!
- Never serve piping hot food straight from the oven or grill. Always allow it to cool slightly first.