

Blueberry muffins

Serves 12



Ingredients

150g/5oz blueberries (fresh or frozen)
250g/9oz self raising flour
90g/3½oz sugar
55ml/2floz sunflower oil
200ml/7floz skimmed milk
1 teaspoon bicarbonate of soda
2 teaspoons vanilla extract
2 eggs
You will need paper muffin cases

Method

1. Preheat the oven to 200°C/400°F/gas mark 6.
2. Put the paper cases into the muffin tin.
3. Wash the blueberries and leave to drain.
4. Mix together the dry ingredients (flour, sugar and bicarbonate of soda) in a mixing bowl.
5. Measure out the oil, milk and vanilla extract one at a time into a separate bowl and beat in the eggs.
6. Pour the wet ingredients into the dry ingredients and stir until combined.
7. Fold in the blueberries.
8. Spoon the mixture into the paper cases.
9. Bake for 15-18 minute, until risen and just golden.
10. Cool on a wire rack and serve warm.