

Breakfast Muffins

How can you spoon the mixture evenly?

Aim - Understand and to know how to use the different parts of the cooker – the oven. To learn how to mix and combine different ingredients.

Ingredients

- ▶ 75g porridge oats
- ▶ 150g low fat natural or Greek yogurt
- ▶ 1 very ripe banana
- ▶ 3 x 15ml spoon semi skimmed milk
- ▶ 3 x 15ml spoon vegetable oil
- ▶ 1 egg
- ▶ 75g soft brown sugar
- ▶ 150g self-raising flour
- ▶ 100g berries

Equipment

Large mixing bowl, fork, Muffin tray/ muffin cases. Measuring jug, wooden spoon, dessert spoon, sieve

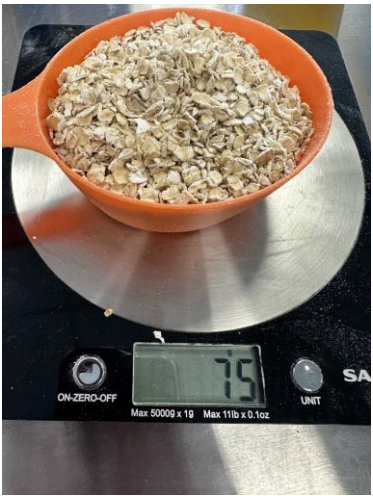
Oven safety – what should you wear?
Cross Contamination safety – what do you need to take care of with the eggs?



Method - Preheat oven to 200C/Gas mark 6.

1. Line a 12-hole muffin case with paper cases.
2. In a large bowl, mash the banana with a fork.
3. Add the oats, yogurt, and milk and mix together.
4. In a jug mix together the oil, egg and sugar together.
5. Sieve the flour into the bowl then add the oil, egg and sugar mixture .
6. Stir the mixture together and fold in the berries.
7. Divide the muffin mixture equally among the muffin cases. Add toppings, if desired.
8. Bake for 18-20 minutes.

Breakfast muffins



Partner 1

- ▶ Mash the banana in a big bowl
- ▶ Add oats, yoghurt and milk x 3tbsp
- ▶ MIX
- ▶ Sieve in the flour



Partner 2

- ▶ Put the cases in a tray
- ▶ In a Jug crack the egg,
- ▶ Add oil x 3 tbsp and sugar
- ▶ MIX



**Add the jug contents to the bowl.
Stir in the berries
Divide equally between the cases
Bake for 18-20 mins**