

Moreish Muffins

Ingredients

125g plain wholemeal flour
2 tsp baking powder
1 tsp mixed spice
40g soft light brown sugar
50g margarine
1 egg beaten
150ml skimmed milk
20g porridge oats

Optional extras

Handful of sultanas
1 ripe banana (mashed)
OR
1 grated carrot
Zest and juice of 1 orange
OR
20g grated cheese
1 tsp of mixed herbs

Makes 12 muffins

Method

1. Preheat the oven to gas mark 6/220°C.
2. Sift the flour into a large bowl with the baking powder and mixed spice, then tip the remaining bran into the bowl and Stir in the sugar.
3. Melt the margarine and beat with the egg and milk.
4. Gently add the dry ingredients (careful not to overmix).
5. Add the choice of extras (banana and sultana or grated carrot and orange or cheese and herb).
6. Spoon the mixture into the cases and sprinkle with the porridge oats.
7. Bake for 20 minutes or until a skewer comes out clean.

