

Fruit Muffins

You will need

Ingredients

250g self raising flour
100g castor sugar
175ml milk or water or fruit juice
75g unsalted butter
1 egg
about 150g fruit

Equipment

Muffin tray	Chopping board
Paper cases	Knife
Wooden spoon	Metal spoon
Mixing bowl	
Small bowl/cup for the egg	
Kitchen scales	

What you have to do

1. Wash your hands, put on an apron and tie your hair back.
2. Turn the oven onto 200°C / Gas Mark 6.
3. Put paper cases in your muffin tray.
4. Wash your fruit in a colander then cut it into small pieces. – leave it for later.
5. Mix together you other ingredients until smooth with a wooden spoon.
6. Gently stir in you fruit.
7. Divide the mixture into each paper case.
8. Cook until golden brown for about 20-25 minutes
9. Leave them to cool on a cooling tray.
10. They can be kept in a tin for 2 days.

Top Tips

- When you break the egg put it in a separate bowl then if you have shell in it you can get it out more easily (we put eggshells in our wormery for the worms to eat or in our compost heap!)
- You can use your favourite fruits – we used, blackberries, apples, pears, banana, strawberries and raspberries- we picked some fruits from our wild woods!
- Always wash and dry your dishes carefully and put them back where you got them from for next time
- We used a sharp knife but you could use a table knife to cut your fruits
- Use less liquid if your fruits are soft and juicy – we used about 100ml
- We have a dish where we ALWAYS put our sharp knives so they can be cleaned separately

We have been finding out about seeds and have discovered that they are usually inside a fruit but they are on the outside of a strawberry. We think strawberry seeds and tomato seeds look similar in size and colour.

We are going to be saving some of the seeds we have found and will plant them to find out what happens.

Year 2 are busy reading a wonderful story by Korky Paul called The Rascally Cake. A man called Rufus Skumskins O'Parsley makes a cake with the most foul ingredients you can imagine! We decide to try and make our own cakes...but with more delicious ingredients!

We will make several batches so we can share them with our friends...why don't you use our recipe to help you make some of your own?