## **Lemon and Berry Muffins**



## Ingredients:

250g Self Raising Flour

150g Caster Sugar

150g Low Fat Lemon Flavoured Yogurt

150g Fresh Berries

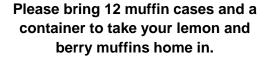
90ml Sunflower Oil

75g Icing Sugar

2 Eggs

1 Lemon

1 Teaspoon Bicarbonate of Soda: School to Provide





## Method:

- 1. Preheat oven 190°C or Gas Mark 5.
- 2. Put a muffin case into each hole in the muffin tray.
- **3.** Weigh and measure out all ingredients accurately.
- **4.** Use the medium holes of a grater to grate the zest of the lemon onto a small plate or alternatively use a lemon zester.
- **5.** Sift the flour and bicarbonate of soda into a large plastic mixing bowl and stir in the caster sugar using a white plastic stirring spoon.
- **6.** Make a well in the middle of the mixture.
- **7.** Measure the oil into a jug. Add the lemon yogurt and the zest to the jug and beat thoroughly.
- **8.** Cut the lemon in half and squeeze out the juice from one half. Add the lemon juice to the oily mixture in the jug.
- **9.** Crack each egg into separate small bowl, beat with a fork. Add the beaten eggs to the oily mixture in the jug.
- **10.** Use a metal spoon to mix the ingredients until they are well blended.
- **11.** Pour the oily mixture into the well in the dry ingredients. Stir all the ingredients for a few seconds.
- **12.** Add the berries, then gradually stir everything together.
- **13.** Spoon the mixture into the paper muffin cases. Fill them almost to the top.
- **14.** Bake the muffins for 15 to 18 minutes, until they are golden and firm to touch.
- **15.** Leave the muffins in the tray for 5 minutes to cool.
- **16.** Lift them onto a cooling rack.
- **17.** Sift some icing sugar over the muffins.



