

# 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



Please bring 12 muffin cases and a container to take your lemon and berry muffins home in.



## 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.

