

Blueberry Buffins- very simple healthy muffins to cook with your child

Mr Willow our bear chef says "Blueberries are an amazing food. They are rich in vitamins and minerals and recent studies indicate that they can improve learning and memory".



Ingredients

250g self raising flour
110 g sugar
 $\frac{3}{4}$ (scant) cup sunflower oil
 $\frac{3}{4}$ cup (scant) of milk
1 egg (beaten)
1 cup of blueberries (mix in a few fresh raspberries if possible)
Makes approximately 10 large "buffins" or 16 small ones.

You will need

Scales



A large and small bowl



A sieve



A cup or measuring cup



A fork or small whisk

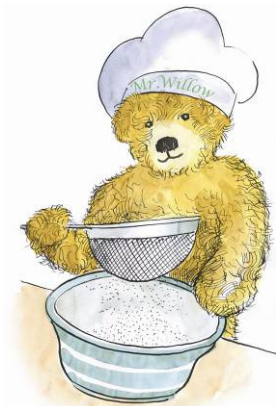


Serving spoon



Bun or muffin tins

Cooling rack



Instructions

Set oven to 180* 340°F /gas 4. Crack the egg into a small bowl and mix it well with a fork or small whisk. Sieve the flour into a mixing bowl. (Sieving is optional, but is great fun and a good food handling skill to learn for your child). Add the oil, sugar, milk and beaten egg. Simply "fold" the ingredients together with a serving spoon. Carefully stir in the berries. Half fill cake or muffin cases and place in oven for approximately 15 - 25 minutes (depending on cake case size) until golden brown and firm to the touch. Place on cooling rack to cool.

*With a spoonful of yoghurt or custard these make a lovely pudding!



Suitable for:

Nut free diet -yes



Egg free diet -no



Vegetarians - yes



Wheat and Gluten free diet - no



Dairy free diet - no



(unless you use gluten-free cake flour)
(unless you replace the cow's milk (and yoghurt) with soya products or similar.)