



# American Muffins

## Equipment

- Mixing Bowl
- Sieve
- White Plastic Spoon
- Tablespoon
- Teaspoon
- Fork
- Small Bowl
- Plastic Jug
- 6 Muffin cases
- Muffin Tin

## Ingredients

**Please bring a container to take home your product**

## Ingredients

150g Self-Raising Flour  
125ml Milk  
6 Muffin Cases  
2 Tbsp Sunflower Oil  
1 Medium Egg  
½ Tsp Baking Powder

### Modifications to the Basic Recipe

| Sweet Options  | Savoury Options  |
|--|--|
| <b>Double Chocolate:</b> <ul style="list-style-type: none"> <li>• Remove 1 level Tbsp of flour and replace with 1 Tbsp of Cocoa Powder.</li> <li>• Add 75g Chocolate / Chocolate Chips.</li> <li>• Add 50g Caster Sugar</li> </ul> | <b>Cheese:</b> <ul style="list-style-type: none"> <li>• Add 50g Cheese of choice (for example: Cheddar, Red Leicester).</li> </ul> |
| <b>Honey and Apricot:</b> <ul style="list-style-type: none"> <li>• Add 75g Dried Chopped Apricots.</li> <li>• Add 50g Caster Sugar</li> <li>• Add 4 Tbsp Honey.</li> </ul>   | <b>Bacon and Ham:</b> <ul style="list-style-type: none"> <li>• Add 50g Chopped Cooked Ham / Bacon.</li> </ul>                      |
| <b>Cherry and Coconut:</b> <ul style="list-style-type: none"> <li>• Add 75g Chopped Glace Cherries.</li> <li>• Add 50g Caster Sugar.</li> <li>• Add 30g Desiccated Coconut (keep some for sprinkling on the top).</li> </ul>       | <b>Carrot:</b> <ul style="list-style-type: none"> <li>• Add 50g Grated Carrots.</li> </ul>   |
| <b>Cinnamon and Blueberry:</b> <ul style="list-style-type: none"> <li>• Add ½ Tsp Cinnamon.</li> <li>• Add 75g Blueberries.</li> <li>• Add 50g Caster Sugar</li> </ul>   | <b>Courgette:</b> <ul style="list-style-type: none"> <li>• Add 50g Grated Courgette.</li> </ul>                                    |
| Additions of Mustard Powder, Chilli, Spices or Herbs are an option of your choice.   |  |

## Method

### STEP 1

Preheat the oven to 200 °C or Gas Mark 6.

### STEP 2

Weigh and measure out all ingredients accurately. Place the muffin cases in the muffin tin.

### STEP 3

Sieve the flour into a plastic bowl and add the baking powder.

### STEP 4

Prepare any chosen flavourings.

### STEP 5

Crack the egg into a small bowl and beat with a fork. Add to the small bowl containing the beaten egg the oil and milk. Mix thoroughly.

### STEP 6

Add this mixture to the large bowl containing the flour. Beat well with a white plastic spoon. Add your chosen flavourings. Mix thoroughly.

### STEP 7

Spoon the mixture evenly into the paper cases using a tablespoon.

### STEP 8

Bake for 12 – 15 minutes. Once cooked, remove from the oven and cool on a cooling rack.