



5 A DAY MUFFINS



Equipment – Mixing bowl, chopping board, peeler, grater, measuring spoons, teaspoons, spatula, electric whisk

Working in pairs

Ingredients –

75g soft margarine
100g self raising flour
75g sugar
1 egg
½ tsp. cinnamon
1 small carrot
Oats to sprinkle on top
6 muffin cases

Nutrition

Flour- high in carbohydrate.
Egg- protein
Margarine- fats
Carrots- vitamin A
Oats- high fibre

Modification for a Healthy Diet

Reduce the amount of sugar.
Use low fat margarine.
Increase the amount of carrots.

Method –

- 1 Preheat** oven 180°C.
- 2 Peel and grate** onto a chopping board.
- 3 Put** the flour, sugar, margarine, egg, cinnamon and grated carrot into the mixing bowl.
- 4 Whisk** for 30 – 40 seconds until light and fluffy.
- 5 Using 2 teaspoons**, place the mixture into the muffin cases.
- 6 Sprinkle** the tops with oats.
- 7 Bake** for 15 – 20 minutes, until firm and golden brown.