

CLASSIC MUFFINS



Makes 12

Ingredients

- 2 1/2 cups self-raising flour
- 1/2 cup castor sugar
- 1 1/4 cups milk
- 1 egg, lightly beaten
- 90g butter, melted

Method

- Preheat oven to 180°C. Lightly grease a 12-hole, patty cake non-stick muffin pan.
- Make basic muffin mix Sift flour into a large bowl. Add caster sugar and stir to combine. Make a well in the centre. Combine milk, egg, and butter in a jug. Pour milk mixture into the well. Using a large metal spoon, stir until just combined (don't over-mix).
- Spoon mixture into muffin holes until two - thirds full. Bake for 18 minutes or until a skewer inserted into the centre comes out clean. Allow to cool in pan for 1 minute. Turn out onto a wire rack to cool.

Tips for muffin flavours:

- **Banana Muffins:** add 1/2 cup self-raising flour, 1/2 cup firmly-packed brown sugar, 1 teaspoon ground cinnamon, 2 small bananas, peeled, mashed (this will make about 16 muffins)
- **Blueberry Muffins:** add 125g frozen blueberries and use brown sugar instead of castor sugar.
- **Strawberry Muffins:** add 250g of chopped strawberries and the grated zest of 1 orange to flour mix. You may need to add a splash more milk. (will make about 14)

CLASSIC MUFFIN MIX cont...

- **Lemon Muffins:** Place 1 tablespoon of lemon rind to the flour mix. Place ½ cup of caster sugar and 1/4 cup lemon juice in a saucepan. Bring to the boil over medium heat. Cook, swirling pan occasionally, for 10 minutes or until syrup thickens. Pour over cooked muffins and cool.
- **Apple & Sultana Muffins:** add 1 finely diced apple, 1 teaspoon of cinnamon and ½ cup of sultanas to the mixture.
- **Jam filled Muffins:** Spoon two-thirds of the mixture evenly among the prepared pans. Spoon 2 teaspoons of conserve into the centre of each pan. Top with the remaining muffin mixture. Combine 2 tablespoons of Demerara sugar and ¼ teaspoon of cinnamon in a small bowl. Sprinkle over the top of the mixture and bake.
- **Raspberry & Coconut Muffins:** add 125g of frozen and ½ cup of desiccated coconut to mix.
- **Dried Fruit & Oat Muffins:** Add 1/4 cup each of chopped dried apricots, cranberries and sultanas to the mix and sprinkle oats on the top of muffins prior to baking.
- **Orange & Poppy Seed Muffins:** Add the finely grated rind of 1 orange and ¼ cup of poppy seeds to the mix. Place ½ cup of caster sugar and 1/4 cup orange juice in a saucepan. Bring to the boil over medium heat. Cook, swirling pan occasionally, for 10 minutes or until syrup thickens. Pour over cooked muffins and cool.
- **Apple/Peach Streusel Muffins:** Spoon mixture into muffin holes then place 300 g of chopped, tinned apple or peach on the top of the muffins. Combine ½ cup of flour, 2 teaspoons of cinnamon in a bowl. Rub in 40g chopped butter with fingertips and mix in ¼ cup of brown sugar. Using one hand mix in 1 teaspoon of water to make the mixture come together in a ball, place in plastic wrap and freeze for ½ hour. Coarsely grate mixture and sprinkle on uncooked muffins. Bake in oven.