Make oat and berry muffins

What you need

- 2 apples, grated
- 200g **self-raising flour**
- 50g porridge oats
- 3 tbsp soft brown sugar
- ½ tsp cinnamon
- ½ tsp bicarbonate of soda
- 2 **medium eggs**
- 150ml **fat-free yoghurt**
- 150g raspberries
- 6 tbsp vegetable oil
- Muffin tray
- Muffin cases
- Two bowls
- Wooden spoon
- Grater

Attention!
Ask for permission before you cook.

Are you in the mood for baking a tasty teatime treat? These muffins are perfect for a weekend project. They contain hearty oats, which will keep hunger at bay, and have an extra zip of tangy berries. If there are any left over, you can pop one in a lunchbox or keep in a sealed tub to refuel after school. Even better, they use fruit in season (that naturally grows at this time of year). This recipe makes 10 lightly spiced muffins and will take 35 minutes to make. You can use fresh or frozen raspberries.

Allergy information

Ingredients in **bold** are allergens. Allergens are substances that can cause allergic reactions in some people. If you have a food allergy, carefully check the items listed. You can find more information at tinyurl.com/TWJ-allergy

Instructions

1. Heat the oven to 180˚C/160˚C fan/gas 4. Grate the apples into a bowl.
2. In another bowl, mix the flour, oats and sugar with the cinnamon.
3. Stir in the apples, bicarbonate of soda, eggs, yoghurt, raspberries and oil and mix everything together.
4. Line a muffin tray with 10 paper cases and fill them evenly with the cake mixture.
5. Bake the muffins for 25 minutes or until they appear golden, risen and cooked through. Then leave to cool.

DID YOU KNOW?
The muffin man from the nursery rhyme refers to a real man who sold muffins and crumpets in a poor part of Victorian London.

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