

Berry Muffin

Ingredients

Weight	Ingredients
450 g	plain flour
175 ml	vegetable oil
150 g	Mixed Berry Frozen (Brakes)
20 g	baking powder
100 g	eggs size 1 (free-range)
330 ml	semi-skimmed milk (organic)
150 g	brown sugar
40 g	brown sugar
40 ml	Orange Juice from concentrate (Brakes)
10 ml	vanilla essence



Method

1. Place all ingredients (except for 40g of the brown sugar) in the mixer and mix together to make a batter
2. Pour mixture in to baking tin
3. Sprinkle with the remaining 40g of brown sugar
4. Bake in a moderate oven at 180c for 20-30 minutes

Notes

Servings

Population Group	Servings from recipe
Juniors, 7-10 yrs	20