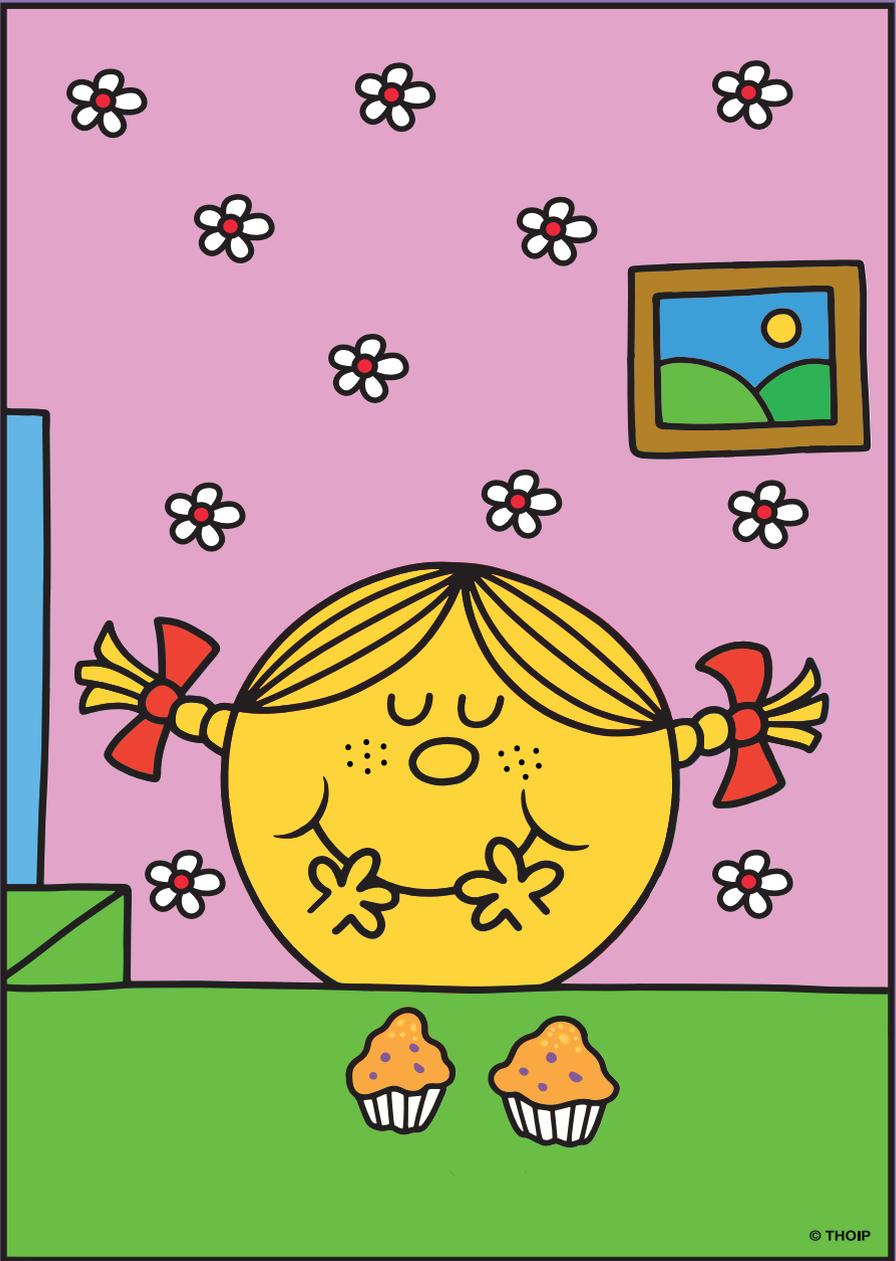


# APPLE & BLUEBERRY MUFFINS



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**MR. MEN™  
LITTLE MISS™**



# Apple & Blueberry Muffins

Prep Time : 25 Mins

Cook Time : 20 - 25 Mins



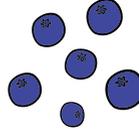
## Equipment

Tablespoon  
Grater  
Fork  
Mixing bowl  
4-6 Muffin cases  
Bun tin  
Sharp knife  
Fruit chopping board  
Sieve

## Ingredients

1 egg  
2 tbsp caster sugar  
Pinch of baking powder  
Pinch of cinnamon  
2 tbsp of sunflower oil  
Handful of fresh ripe blueberries  
2-3 tbsp self raising flour

Blueberries are a good source of vitamin C!



## Method

- 1 Preheat the oven to **175°C** or **Gas Mark 5**.
- 2 Crack the egg into a mixing bowl and **whisk well** with a fork.
- 3 Add the sugar and carry on whisking, add the oil and **whisk again**.
- 4 Core the apple and grate with the skin on. **Be very careful!** Add the grated apple to the egg, sugar and oil. Add a handful of blueberries and **mix well**.
- 5 Sift **half** of the flour into the mixture and **mix well** again. Sift the cinnamon, baking powder and remaining flour and **fold gently** until everything is combined. The mixture needs to be **quite thick**, only falling off the spoon very slowly, dropping consistency.
- 6 Place the muffin cases into the bun tin. Using a spoon, fill each case  $\frac{3}{4}$  **full** with your apple cake mixture.
- 7 Put them into the preheated oven for 20-25 minutes. The muffins are ready when you stick a sharp knife or tooth pick into the sponge and the knife comes out clean, **not sticky!**
- 8 Remove from the oven and **allow to cool** on a wire rack.

