



Strawberry and Oat Muffins

Savour the little taste of summer that the sweet strawberries bring to these delicious light muffins.

Makes 12 Muffins

You will need:

125g Plain flour

80g Oats

2 teaspoons Baking powder

Pinch of salt

1 medium egg beaten

120ml Milk

60ml Olive or rapeseed oil

100g Caster Sugar

120g strawberries chopped into small pieces

To make your muffins:

1. Preheat the oven to 180C/Gas 4. Line a muffin tray with paper cases
2. Carefully weigh out the flour, oats, baking powder & salt and mix together in a large bowl.
3. In a second bowl beat the egg. Then add the milk, oil and sugar and whisk together until well combined.
4. Add the chopped strawberries to the wet mixture and combine well.
5. Mix the wet ingredients with the dry ingredients until just combined, try not to over mix.
6. Spoon the mixture into 12 paper muffin cases and bake in the oven for 17 – 20 minutes. When cooked they will be golden brown and springy on top.
7. Remove from the oven and leave to cool completely before removing the paper case.

Mighty Chefs 2016

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