

# Breakfast Bonanza

## Muffin Mayhem



### Banana and Orange Muffins

#### Ingredients:

300 grams self-raising flour  
80 grams porridge oats  
200 grams brown sugar  
Zest 1 orange  
½ tsp ground cinnamon  
100 grams butter  
250 ml milk  
50 ml orange juice  
1 egg  
2 bananas

#### Equipment:

Oven and Oven Gloves  
Weighing scales  
Mixing bowls  
Wooden Spoon  
Baking Tray  
Muffin cases



#### Method:

- 1 Heat oven 190°C. Place muffin cases on a baking tray.
- 2 Mix together the oats, flour, brown sugar, orange zest and cinnamon.
- 3 Melt butter and add to milk, orange juice, egg – mix well.
- 4 Mash bananas and add to wet mixture.
- 5 Add wet mixture to dry mixture and mix until ingredients are combined, don't whip mixture but use a folding action.
- 6 Three quarter fill the muffin cases.
- 7 Bake for 20 minutes or until golden brown.

### Blueberry Breakfast Muffins

#### Ingredients:

380 grams wholemeal flour  
1 teaspoon baking powder  
200 grams sugar  
Zest 1 lemon  
Pinch grated nutmeg  
100 grams butter  
300 ml milk  
75 grams dried or 150 grams fresh blueberries

#### Equipment:

Oven and Oven Gloves  
Weighing scales  
Mixing bowls  
Wooden Spoon  
Baking Tray  
Muffin cases



#### Method:

- 1 Heat oven 190°C. Place muffin cases on a baking tray.
- 2 Mix together the flour, sugar, lemon zest and nutmeg. Add blueberries.
- 3 Melt butter and add to milk, and egg – mix well.
- 4 Add wet mixture to dry mixture and mix until ingredients are combined, don't whip mixture but use a folding action.
- 5 Three quarter fill the muffin cases.
- 6 Bake for 20 minutes or until golden brown.