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| S2 | Design & make healthy muffins |

**Success Criteria**

* Successfully make product in a safe and hygienic manner.
* Create a recipe choosing ingredients from the list.
* Name two nutrients in your recipe and explain the health benefits

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| Muffins | | Choose from: | | | | | |
|  | Main ingredients |  | Fresh fruit |  | Canned fruit |  | Frozen fruit |
| 150g  50g  1  75ml  60ml | SR flour  caster sugar  egg  milk  vegetable oil | ½  75g  1 | Banana  Strawberries  apple | 2x  2 x | Pineapple ring  Peach half | 60 mls | Mixed berries |

## Method

1. Personal preparation.
2. Light oven Gas 6/200°C
3. Select your own choice of fruit and chop into small pieces.
4. Put all dry ingredients into a large bowl and stir well
5. Add fruit and lightly coat with flour mixture.
6. In a measuring jug, beat the egg, milk and oil lightly with a fork.
7. Pour all of the liquid ingredients into the large bowl and fold gently.
8. Divide mixture equally between the 6 paper cases using a tablespoon and teaspoon.
9. Bake for about 15-20 minutes until well risen and springy to the touch (use a cocktail stick to check if they are ready – it should come out clean).