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| S3 BGE | Berry Muffins |

**Success Criteria**

* Identify nutrients present in the ingredients used in this recipe and explain why these are important for children
* Successfully make product in a safe and hygienic manner.

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| **Ingredients** | | **Equipment** | |
| 150g  50g  1  75ml  60ml  50 - 75g | self-raising flour  caster sugar  egg  milk  vegetable oil  frozen berries | Large bowl  Small bowl  Measuring jug  Wooden spoon  Fork  Tablespoon  Teaspoon  Muffin tin filled /paper cases |  |

## Method

1. Personal preparation.
2. Set out equipment & collect ingredients.
3. Light oven Gas 6/200°C
4. Put all dry ingredients into a large bowl and stir well.
5. Lightly coat fruit 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 dry ingredients and fruit. Stir until only just combined, scraping the sides and bottom of the bowl as you stir.
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).
10. Cool on the cooling tray.



Describe and explain how this recipe would meet the dietary needs of children