



HELPING KEEP TASSIE KIDS HEALTHY!

Blueberry and Raspberry Muffins | **Amber recipe**

Ingredients:

200g blueberries or raspberries
2 cups (300g) self-raising flour
1 cup (150g) plain wholemeal flour
1½ teaspoons mixed spice
½ teaspoon bicarb of soda
2/3 cup (200g) firmly packed brown sugar
1 egg
1½ cups (330ml) reduced fat milk
1/3 cup (80ml) vegetable oil

Method:

Grease a 12 hole muffin tin (1/3 cup / 80ml capacity). Combine all ingredients except the fruit in a large bowl, then add the blueberries or raspberries stirring with a large metal spoon until just combined. Spoon the mixture into the prepared muffin tin. Bake in a moderately hot oven for about 20 minutes.

Note: With this recipe you can substitute the Blueberries or Raspberries with other fruit such as:

- *Grated Apple and Cinnamon*
- *Banana*
- *Peaches*
- *Apricots*