

Linda's Blueberry Muffins

Ingredients

280g plain flour (10 oz)
15ml baking powder (3 teaspoons)
2.5ml salt (1/2 teaspoon)
110g caster sugar (4 oz)
1 egg
240ml whole milk (8 fluid oz)
90ml vegetable oil (3 fluid oz)
140g blueberries (5 oz)

Method

Heat oven to gas 5 (190C)
Sieve flour and baking powder into a large bowl. Stir in sugar and salt. In a jug, mix egg, oil and milk. Add wet ingredients to dry and stir till no dry flour remains visible. Mixture will be lumpy! Gently stir in blueberries. Spoon mixture into muffin tin lined with paper cases. It will make 12 muffins. Bake for approximately 20 - 25 minutes until risen and golden.

Optional

Drizzle on a glaze of icing sugar mixed with the juice of half a lemon if you fancy a little more sweetness.

Alternatives

Substitute glacé cherries for the blueberries, add a little almond essence to the batter for 'Bakewell Tart' muffins, with just a plain icing glaze.

Try raisins instead of blueberries with a teaspoon of mixed spice for easy store-cupboard muffins.