

Cooking Kids



INGREDIENTS

- 1 ½ cups (195g) plain flour
- ¾ cup (150g) granulated sugar, plus 1 tablespoon for muffin tops
- 2 teaspoons baking powder
- ¼ teaspoon fine sea salt
- ⅓ cup (80ml) vegetable oil, sunflower or avocado oil
- 1 large egg
- ⅓ cup (80ml) milk
- 1 ½ teaspoons vanilla extract
- Frozen blueberries

Blueberry Muffins

EQUIPMENT

- 2 x Mixing bowls
- Wooden spoon
- Muffin cases
- Muffin tray

Method

- Preheat oven to 190 degrees Celsius
- Place muffin cases into the muffin tray
- Mix up your dry ingredients in one bowl
- In a separate bowl add your wet ingredients (oil, milk, vanilla, egg) and whisk until combined
- Add your wet ingredients to your dry ingredients and mix until we'll combined
- Stir in your blueberries
- Spoon into your muffin cases
- Sprinkle tops with sugar and place into the oven for 8 to 15 minutes (depends on the size of muffin cases)
- Muffins are cooked when a skewer is poked inside a muffin and comes out clean