

Easy Muffin Recipe

Ingredients

- 2 cups of plain flour
- 1/2 a cup of sugar
- 1 tablespoon of baking powder
- 1 cup of milk
- 1 egg
- 1/3 of a cup of oil (only use vegetable oil, Olive Oil makes the papers stick to the muffins)
- 1 cup of blueberries
- 2 bananas (mashed)

Method

- Set the oven to 160 or gas mark 5
- Put the paper muffin cases in the muffin tin
- Mash the bananas and leave aside
- Put all the dry ingredients in a large mixing bowl making sure they are exact measures and mix well, make a well in the middle
- Beat the egg and oil in a separate bowl and add the milk and syrup and mix thoroughly
- Add the mashed bananas and wet ingredients in to the dry and mix thoroughly, Divide between the twelve muffin cases and put half a teaspoon of sugar on each filled muffin
- Place in the oven on the middle shelf and bake for 25-35 minutes , once out let cool for 10 minutes before eating