

MAGIC MUFFIN RECIPE

Dry Ingredients: 150g plain flour
½ tablespoon baking powder
¼ teaspoon sea salt
40g castor sugar

Wet Ingredients: 1 large egg
110ml milk
50g butter (melted & left to cool a little)
½ teaspoon vanilla extract
100g Crazy Jack Organic Wild Blueberries. (Makes 12 large or 6 MONSTER muffins!)

1. Sieve and mix all the dry ingredients in one bowl. Mix and beat all the wet ingredients in another bowl.
2. Then sieve the dry ingredients into the wet mix, folding gently to get an uneven sticky goo. Don't panic.
3. Throw in the blueberries and lightly fold them in. The secret is not to stir too vigorously – it will look uneven, don't worry about it.
4. Dollop a spoon of the mix into each cup of a well greased muffin tin. Bake for 20 to 30 minutes in a hot oven (gas mark 6, 400°F/200°C). Check to see when well risen and golden brown. Remove from the oven and cool a few minutes then turn out on a wire rack