

Zesty Raspberry and Lemon Muffins

These muffins are a real tangy treat and are delicious served warm!



Egg, milk and wheat (gluten)*

Nutritional information per portion (74g):

Energy	Fat	Saturates	Sugars	Salt
824kJ 196kcal 10%	7.8g 11%	1.2g 6%	14g 16%	0.47g 8%

of an adult's reference intake.
Typical values per 100g: energy 1114kJ/265kcal.

Equipment

Weighing scales
12 hole muffin tin
Paper muffin case x 12
Colander
Measuring spoons
Mixing bowl
Wooden spoon
Measuring jug x 2
Fork
Grater
Juice squeezer
Metal spoon
Oven gloves
Pan stand
Wire rack

Ingredients

Makes 12 muffins
140g raspberries
250g self-raising flour
140g caster sugar
1 x 5ml spoon bicarbonate of soda
85ml sunflower oil
2 eggs
½ lemon
150g low-fat lemon yoghurt
1 x 5ml spoon vanilla extract

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- When zesting the lemon, rub the lemon peel against the grater a couple of times and then turn the lemon.

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Method

1. Preheat the oven to 200°C/180°C fan or gas mark 6.
2. Put the paper cases into the muffin tin.
3. Wash the raspberries and leave to drain.
4. Mix together the dry ingredients (flour, sugar and bicarbonate of soda) in a mixing bowl.
5. Place the oil in the measuring jug.
6. Beat the eggs separately in a second measuring jug and add to the oil.
7. Grate the peel from the lemon (this is called zesting). Squeeze the juice.
8. Measure the yoghurt and add to the oil and egg mixture.
9. Add the vanilla extract, lemon juice and zest to the wet ingredients.
10. Pour the wet ingredients into the dry ingredients and stir until combined.
11. Gently fold in the raspberries.
12. Spoon the mixture into the paper cases.
13. Bake for 15–18 minutes, until risen and just golden.
14. Cool on the wire rack.

Something to try next time

- Replace the lemon juice and zest with orange juice and zest and orange flavour yoghurt.

Prepare now, eat later

- Store the muffins in an airtight tin for up to 48 hours.
- Freeze the freshly baked muffins for up to 1 month and defrost thoroughly before serving.

Skills used include:

Washing, weighing, measuring, grating, squeezing, mixing/combining, baking and cooling.

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