

Blue Peter

Sweet and savoury muffins



You will need

- ✓ Muffin tin and six cases

For the savoury muffins:

- ✓ 1 courgette, grated
- ✓ 1 carrot, grated
- ✓ 225g self-raising flour
- ✓ 1 1/2 teaspoons baking powder
- ✓ 175ml milk
- ✓ 55ml olive oil
- ✓ 1 egg
- ✓ 100g cheddar cheese, grated
- ✓ 1 teaspoon tomato purée
- ✓ Salt, pepper, cumin, oregano and chilli powder
- ✓ Some pumpkin seeds

For the sweet muffins:

- ✓ 1 ripe banana
- ✓ 125g chocolate chips
- ✓ 180g self-raising flour
- ✓ 240ml milk
- ✓ 60g margarine
- ✓ 1 egg
- ✓ 125g caster sugar

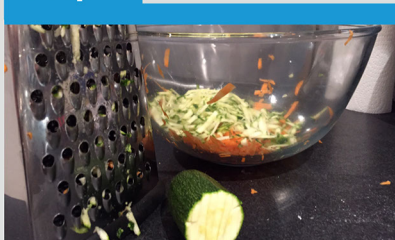
Introduction

Try these two delicious recipes for courgette and carrot or banana and choc chip muffins. You could make an entire meal out of muffins! (Each recipe makes six muffins.)

Instructions

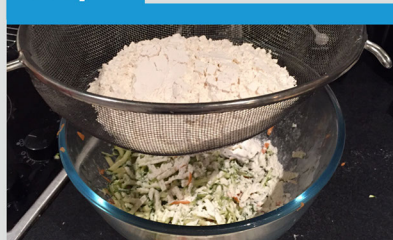
For the carrot and courgette muffins

Step 1



Preheat oven to 220°C – ask an adult to help if you need (200°C for fan-assisted ovens). Grate your carrot and courgette into a mixing bowl.

Step 2



Sieve flour and baking powder into mixing bowl with vegetables and add the grated cheese. Add pepper to taste.

Step 3



Add oil, milk, egg and tomato puree into bowl. Then add more seasoning, cumin, oregano and a touch of chilli powder to the mixture.

Step 4



Stir ingredients together and spoon into muffin cases in a tin. Fill the cases as much as possible. We've added some pumpkin seeds on top!

Step 5



Bake in the oven for 25 minutes or until golden brown on top. Remove from the oven (using oven gloves) and allow to stand, then place on a cooling rack. Muffins done!

For the banana and choc chip muffins

1. Preheat oven to 220°C – ask an adult to help if you need (200°C for fan-assisted ovens).
2. Mash the banana in a mixing bowl.
3. Add milk, egg and margarine. Mix well.
4. Add flour and choc chips to your sieve. Sieve into bowl, the choc chips will remain. This covers the chips with flour which will prevent them from sinking to the bottom of your muffin!
5. Add sugar and choc chips to the mixture, then fold the ingredients together until combined.
6. Spoon into muffin cases in a tin. Fill the cases as much as possible.
7. Bake in the oven for 25 minutes or until golden brown on top. Remove from the oven (remember to use oven gloves!) and allow to stand, then place on a cooling rack.

We've made ours extra pretty by drizzling some melted chocolate over them and adding a little slice of banana.