

Fruit Muffin

Allergens – **Gluten**, **Eggs**, **Milk**

Ingredients

Quantity	Ingredient
450g	SR Flour (contains Wheat)
225g	Margarine
100g	Sugar
200g	Eggs (4)
350g	Fruit (Fresh or Dried)



Method

1. Cream together the margarine and sugar.
2. Whisk eggs together, add slowly with dry ingredients.
3. Add fruit.
4. Fill muffin cases $\frac{3}{4}$ full and bake in a moderate oven at 180°C, 350°F, Gas Mark 4, until golden brown.

Note - Use full size muffin cases.

Nutritional Content per 70g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 198.8	= 10.7	= 2.3	= 7.2	= 0.4	= 23.9

Portion size - Primary – 70g