

View from the Fridge – Recipes from Brian Donkin

Recipe # 110 – Plain Muffins

Preparation time: 5 mins Cooking time: 20 mins

(you'll need two glass bowls for this recipe!)

Ingredients 1:

400 gms plain white flour
1 tspn salt
3 heaped tspns baking powder
1 glass bowl

Ingredients 2:

250 mls milk
125 mls olive oil
3 medium eggs
1 (different) glass bowl

Method

1. In one glass bowl mix all **ingredients 1** together
2. In the other glass bowl whisk all **ingredients 2** together
3. Pour ingredients of glass bowl 2 into glass bowl 1
4. Stir together using hands – texture should be lumpy so try not to over mix!
5. Take bake bun tray and using 2 soup spoons spoon the mixture into the compartments
6. Bake in preheated oven for 20 minutes at 180 degrees

Makes 12

