

View from the Fridge – Recipes from Brian Donkin

Recipe # 122 – Canadian Blueberry Muffins

Preparation time: 8 mins – Cooking time: 22 minutes

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

Ingredients Bowl 1:

5 eggs
500mls milk
125mls melted butter

Ingredients Bowl 2:

400gms plain flour
4tblspns sugar
5 heaped tspns baking powder
1 tspn salt

Ingredients Bowl 3:

300gms blueberries
150gms sugar
100gms plain flour

Method

1. Mix the contents of bowl one and then mix the contents of bowl 2 and then blend together
2. Add the contents of bowl 3, stir together using hands – texture should be lumpy so try not to over mix!
3. Take bake bun tray and using 2 soup spoons spoon the mixture into the compartments
4. Bake in preheated oven for 20 minutes at 180 degrees

Makes 12 muffins – see next page for picture

