



FRUITY MUFFINS

Who doesn't love a muffin? And the cooking smells are just fabulous ... you can use fresh fruit (raspberries, diced mango, mashed banana, blueberries, apple), dried fruit (cranberries, ready-to-eat apricots, mango, pears, apple or prunes) or chopped canned fruit (pineapple, apricots, peaches or pears) for this versatile recipe.

If you can't find wheatgerm, add an extra 25g of wholemeal flour.



Recipe & image supplied by the Grain Chain:
www.grainchain.com

Skills Check (as appropriate for each Key Stage) Follow a recipe; follow food safety & hygiene rules; tidy away; crack an egg; beat an egg; divide mixture into tins; use measuring spoons and cups; use balance/digital scales; use a jug to measure liquids; chop using bridge/claw safely; use a box grater safely.

Equipment: Knife, chopping board, grater, weighing scales, measuring cups and spoons, measuring jug, small bowl, fork, mixing bowl, wooden spoon, ladle, muffin cases, muffin tin, skewer, oven gloves.

Ingredients (makes 6 muffins):

- 50g carrot, peeled and finely grated
- 100g diced fruit
- 110g plain wholemeal flour
- 25g wheatgerm
- 2 x 5ml (level) baking powder
- 1/2 x 5ml spoon ground cinnamon
- 50g light soft brown sugar
- 50 ml semi-skimmed milk
- 50 ml sunflower oil
- 1 medium egg, lightly beaten

Method

1. Preheat the oven to 200°C / Gas Mark 6.
2. Prepare the fruit and vegetables.
3. Place the grated carrot into a large bowl and stir in the flour, wheatgerm, baking powder, ground cinnamon and sugar.
4. Gradually add the milk and oil followed by the egg and mix well until evenly blended. Finally stir in the fruit.
5. Divide the mixture into 6 muffin cases and bake in the oven for 20 minutes until a skewer inserted into the centre comes out clean. Remove the muffins from the oven using oven gloves and leave to cool slightly before serving.



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Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Fruity Muffins ...

Muffins tend to be high in fat and sugar, although some are worse than others. The Eatwell guide says that if you are consuming foods and drinks high in fat, salt and sugar we should have these less often and in small amounts.

Fruit are high in a variety of vitamins, minerals and fibre, and they are packed with lots of different substances called phytochemicals. Phytochemicals can protect our bodies against disease.



help

Energy, sugar, fat and salt per serving

Per 72g serving

ENERGY
854kJ / 204kcal 10%

MED **FAT**
9.3g 13%

MED **SATURATES**
1.4g 7%

MED **SUGARS**
10.3g 11%

MED **SALT**
0.4g 7%

% of an adult's reference intake

Typical values per 100g : Energy 1185kJ / 283kcal

Notes

A traffic light system is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.