

Fruitburst muffins

Preparation and cooking time

Prep: 20 mins - 25 mins

Cook: 20 mins - 25 mins

Takes 40-50 minutes

Easy - makes 12 muffins

Get started in the morning with a low-fat breakfast muffin crammed full of blueberries, cranberries, raisins and apricots.

Ingredients

- 225g plain flour
- 2 tsp baking powder
- 2 large eggs
- 50g butter , melted
- 175ml skimmed milk
- 100ml clear honey
- 140g fresh blueberry
- 85g dried cranberry
- 140g seedless raisin
- 140g dried apricot , chopped
- 1 tsp grated orange zest
- 1 tsp ground cinnamon



Method

STEP 1

Preheat the oven to 200C/gas 6/ fan 180C and very lightly butter a 12-hole muffin tin. Sift the flour and baking powder into a bowl. In another bowl, lightly beat the eggs, then stir in the melted butter, milk and honey. Add to the flour with the remaining ingredients. Combine quickly without overworking (it's fine if there are some lumps left - you want it gloopy rather than fluid). Spoon the mixture into the muffin tin. Bake for 20-25 minutes until well risen and pale golden on top.

• STEP 2

Leave in the tin for a few minutes before turning out. When cool, they'll keep in an airtight tin for two days. (Can be frozen for up to 1 month.)