



BLACKCURRANT BREAKFAST MUFFINS

The Best breakfast muffin recipe ever -This recipe freezes and microwaves very well to a just-baked texture, making it perfect for breakfast.

INGREDIENTS

- 2 cups wheat germ
- 2 cups self-raising white flour
- ½ cup sugar
- 3 tsp baking powder
- 1 ½ cups frozen blackcurrants, don't thaw first. (Frozen blackcurrants are readily available in supermarket frozen berry section)
- 2 tsp baking soda
- 1 ¼ cups milk
- 100g butter
- 3 Tbsp golden syrup
- 2 eggs, whisked

METHOD

- 1) Preheat oven to 190°C and grease muffin pans.
- 2) Sift white flour, baking powder and sugar into bowl.
- 3) Add wheat germ and stir together.
- 4) Dissolve baking soda in the milk.
- 5) Melt the butter with the golden syrup.
- 6) Make a well in the mixed dry ingredients and add the milk and baking soda, melted butter and golden syrup, and whisked eggs. Mix ingredients together lightly and fold in blackcurrants at same time. Don't over mix as the muffins will be tough, and the blackcurrants may split.
- 7) Spoon into pans and bake for 15 minutes or until muffins are golden and spring back at a touch. Allow to cool slightly before turning out onto a cooling rack.