



## BLACKCURRANT MUFFINS

### INGREDIENTS (Makes 8-9 muffins.)

1  $\frac{3}{4}$  cups self raising flour  
4 tablespoons sugar  
1 cup frozen blackcurrant berries  
1 egg  
 $\frac{1}{4}$  cup oil (not olive)  
 $\frac{3}{4}$  cup milk

### METHOD

1. Mix first 3 ingredients.
2. Blend egg with oil using a fork to an emulsion, add milk.
3. Lightly mix dry and wet ingredients until just combined.
4. Spoon into muffin size paper cups in muffin pans.
5. Bake at 180°C for 15 minutes.