



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.