



Muffins are probably the easiest cakes for children to bake. The basic principle behind muffins is to mix all the dry ingredients in one bowl and mix all the wet ingredients in a jug. When you mix them together the bicarbonate soda gets wet which starts a chemical reaction that makes the muffins rise so you need to get them into the oven as quickly as possible. These Christmas Muffins fill the house with the smell of Christmas but are great anytime of the year. By using vegetable oil instead of melted butter it enables older children to safely measure out and mix all ingredients by themselves (If you would prefer substitute the vegetable oil for 85g melted butter). All measurements are metric - it's what they learn in school! Check out our website for imperial measurements (www.4kids.ie).

Shopping List: muffin cases; bicarbonate of soda; jar of mincemeat; vegetable oil; self raising flour; sugar; eggs; and milk.

Equipment: muffin tray; muffin cases; mixing bowl; jug; sieve; teaspoon measure; fork; and wooden spoon.

Dry Ingredients



280g self raising flour
½ teaspoon bicarbonate soda
½ teaspoon salt
85g white granulated sugar

Wet Ingredients



1 egg
200ml milk
240ml mincemeat (almost a jar full)
90ml veg oil

Method

1. Ask an adult to preheat the oven 200 C or gas mark 6.
2. Put cake cases into muffin tray.
3. Measure out all ingredients.
4. Sift flour into bowl.
5. Add the rest of dry ingredients and mix together.
6. Measure wet ingredients, put into a jug and mix well.
7. Pour wet ingredients into the bowl of dry ingredients & gently combine.
8. Fill muffin cases 3/4 full with lumpy mixture.
9. Ask an adult to put the muffin tray into the oven.
10. Cook for about 20 to 25 minutes until golden brown.
11. Leave to cool on cooling tray before tucking in.

