



MULBERRY MUFFINS



INGREDIENTS

- 1 cup plain flour
- 2 tsp baking powder
- ½ tsp salt
- ½ cup sugar
- ¼ cup butter
- 1 egg
- 1 tsp vanilla essence
- ½ cup milk
- 1 cup mulberries
- spray oil

FROM THE GARDEN

- Mulberries
- Eggs

EQUIPMENT

- Muffin tin
- Scissors
- Small bowl
- Sieve
- Large bowl
- Whisk
- Wooden spoon
- Spoon

INSTRUCTIONS

1. Prepare a 24-cup mini muffin tin by spraying with the spray oil.
2. Preheat the oven to 200 C.
3. Start by preparing your mulberries. Using scissors, cut the stalk off, and then cut the berries into smaller pieces if necessary. Place them in a small bowl.
4. Sift flour and baking powder into the large bowl. Stir in sugar and salt.
5. Mix in the softened butter.
6. Whisk together the egg, vanilla essence and milk. Slowly pour the egg mixture into the dry ingredients a little bit at a time, and stir gently to work out any lumps. Do not over-mix.
7. Gently fold in the mulberries.
8. Spoon the batter into muffin cups, filling each cup $\frac{2}{3}$ full.
9. Bake for 15 minutes or until the muffins are golden brown and feel spongy.
10. Remove the muffins from the tin with a spoon and let cool.