

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Breakfast Muffins

Ingredients Serves 12

300g white self-raising flour
1 tsp baking powder
Pinch salt
1 tsp cinnamon
150g light brown sugar
250ml semi skimmed milk
2 free range eggs, beaten
100g melted butter
25g dried cherries or cranberries
25g dried sultanas
75g crunchy granola

Method

Preheat the oven to 180°C and line a muffin tray with muffin cases.

In a large bowl, sift together the flour, baking powder, salt and cinnamon and then stir into the sugar. In a separate bowl, whisk together the milk, eggs and melted butter, then pour into the dry ingredients and quickly mix together. Stir in the dried fruit.

Divide the batter between the 12 muffin cases and sprinkle the top of each with the granola.

Bake for 20-25 minutes or until a skewer inserted into the middle of the muffins comes out clean.

Leave to cool for 5 minutes in the tin before serving warm or at room temperature.

Approx per muffin

Kcals 236

Fat 7g

Carbs 33g

Protein 5g