



## Raspberry Choc Muffins

**AMBER rating with the TSCA**

**Equipment:** Sieve  
 Measuring cups  
 Measuring spoons  
 Scales  
 Large mixing bowl  
 Small mixing bowl  
 Fork  
 Wooden or large spoon  
 12 hole muffin tin  
 Wire cake rack

Makes 12

Makes 24

Makes 48

### Ingredients

1 cup self-raising flour, sifted	2 cups	4 cups
1 cup wholemeal self-raising flour, sifted (make sure you add the flakes that remain in the sieve to the bowl)	2 cups	4 cups
1 tbsp cocoa powder	2 tbsp	4 tbsp
½ cup caster sugar	1 cup	2 cups
¼ cup canola oil	½ cup	1 cup
¾ cup reduced fat milk	1 ½ cups	3 cups
1 egg	2	4
1 tsp vanilla essence	2 tsp	4 tsp
150 g frozen raspberries	300 g	600 g

### Method

- Preheat the oven to 180 °Celsius.
- Place the flours, cocoa powder and sugar into the large bowl.
- Place the oil, milk, egg & vanilla into the small bowl and whisk with a fork until well combined.
- Make a well in the centre of the flour mix, and then pour in the liquid, stirring lightly until the ingredients are just combined.
- Lightly mix through the berries then divide the mixture evenly into the muffin tin
- Place in the oven and cook for about 20 minutes.
- Remove the muffins from the tin and place on a wire cake rack to cool.

Recipe supplied by Angela Titmus, Canteen Manager, Montello Primary School, 2017.