

Muffins

(this is an adaptation of a recipe by Antony Worrall Thompson)

Makes 12

Ingredients

150 ml semi skimmed milk

1 tablespoon of lemon juice

150g Plain wholemeal flour

1 ½ teaspoons of baking powder

6 teaspoons of Spenda

2 eggs

100g of chocolate chips or blueberries

12 cake cases

1. Combine lemon and milk and leave for at least ½ hour.
2. Cream Spenda and butter together until they have bonded, they do not become creamy and fluffy.
3. Beat eggs together and then gradually add them to the butter and Spenda
4. In a separate bowl sieve flour and baking powder and make a well in the centre and put in the milk and lemon juice.
5. Mix the flour mixture and the utter mixture together and add the chocolate or blueberries and mix them in.
6. Spray oil on the 12 cake cases and put them in a bun tray and then divide the mixture amongst the case
7. Cook for about 20 minutes at 180.

To make chocolate chocolate chip muffins add a table spoon of cocoa powder with the flour.