

Lemon and raisin muffins

Makes 12 muffins

Ingredients	
225g plain flour	175ml milk
50g caster sugar	Juice and grated zest of 1 lemon
50g raisins	1 tsp (15g) baking powder
1 egg	50ml unsaturated oil

Method:

- Preheat oven to Gas 6, 400F, 200c.
- Put the flour, sugar, baking powder into a large mixing bowl, stir and make a well in the centre.
- Beat the egg and stir in the milk, oil, lemon juice and lemon rind.
- Add the egg mix to the flour and stir gently, do not over beat. Add the raisins.
- Spoon the mixture into a greased muffin tin to make 12 muffins.
- Bake in the centre of the oven for 20-25 mins.
- Allow to cool on a wire rack.



- ✓ **COOK'S TIP-** For puree diets, serve a previously prepared and frozen fruit puree
- ✓ **FOR WHEAT FREE DIETS, USE WHEAT FREE FLOUR**
- ✓ **FOR DAIRY FREE DIETS, USE DAIRY FREE SPREAD AND SOYA MILK**
- ✓ **FOR EGG FREE DIETS, USE ORGRAN EGG REPLACER**

Nutrition analysis per serving

Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
169	3	6	28	7	0.5	0.7	73