



## Zesty Raspberry and Lemon Muffins

These muffins are a real tangy treat and are delicious served warm!



Wheat/gluten, dairy and egg

Nutritional information per portion (75g):

|          |             |            |              |            |
|----------|-------------|------------|--------------|------------|
| calories | fat         | saturates  | sugars       | salt       |
| 196.3    | 7.8g<br>11% | 1.2g<br>6% | 14.0g<br>16% | 0.5g<br>8% |

of an adult's guideline daily amount

### Equipment

Weighing scales  
12 hole muffin tin  
Paper muffin case x 12  
Colander  
Measuring spoons  
Mixing bowl  
Wooden spoon  
Measuring jug x 2  
Fork  
Grater  
Juice squeezer  
Metal spoon  
Oven gloves  
Pan stand  
Wire rack

### Ingredients

**Makes 12 muffins**  
140g raspberries  
250g self-raising flour  
140g caster sugar  
1 x 5ml spoon bicarbonate of soda  
85ml sunflower oil  
2 eggs  
½ lemon  
150g low-fat lemon yoghurt  
1 x 5ml spoon vanilla extract



### Top Tip

- When zesting the lemon, rub the lemon peel against the grater a couple of times and then turn the lemon.





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## Method

1. Preheat the oven to 200°C/180°C fan or gas mark 6.
2. Put the paper cases into the muffin tin.
3. Wash the raspberries and leave to drain.
4. Mix together the dry ingredients (flour, sugar and bicarbonate of soda) in a mixing bowl.
5. Place the oil in the measuring jug.
6. Beat the eggs separately in a second measuring jug and add to the oil.
7. Grate the peel from the lemon (this is called zesting). Squeeze the juice.
8. Measure the yoghurt and add to the oil and egg mixture.
9. Add the vanilla extract, lemon juice and zest to the wet ingredients.
10. Pour the wet ingredients into the dry ingredients and stir until combined.
11. Gently fold in the raspberries.
12. Spoon the mixture into the paper cases.
13. Bake for 15–18 minutes, until risen and just golden.
14. Cool on the wire rack.

## Something to try next time

- Replace the lemon juice and zest with orange juice and zest.

