



Royal  
Botanic Garden  
Edinburgh

## Botanic Cottage Community Cook Club Early January 2021

### Blueberry and lemon muffins

These muffins make a great treat, either for breakfast or with a cup of tea. They are a lot healthier than most cakes, particularly commercially made ones as they contain far less sugar and fat than other recipes.



### Ingredients

150g self-raising flour  
50g sugar  
½ tsp baking powder  
2 tbsp olive oil  
150g yogurt  
1 egg  
150g blueberries (washed and dried on kitchen paper or a tea towel)  
Zest of 1 lemon (optional)

You will need a 12 hole muffin tin and paper cases, a fine grater, two bowls, measuring scales and a spoon.

### Method

1. Preheat the oven to 200 degrees.
2. In a bowl weigh out the flour, sugar and baking powder.
3. Grate in the lemon zest and mix.
4. In the second bowl measure out the yogurt, oil and egg and mix together.
5. Add the wet ingredients to the dry ones and stir until just combined. Don't overmix.
6. Gently fold in the blueberries
7. Spoon the mixture into the paper cases
8. Bake in the oven for 15 minutes and then check with a skewer or knife to make sure the batter is cooked through.
9. Cool on a rack and enjoy warm.