



Royal
Botanic Garden
Edinburgh

Botanic Cottage Community Cook Club Early April 2021

A tasty breakfast treat

Pear and blueberry muffins

These little beauties are lovely warm for breakfast with a big mug of tea and coffee. Or any time of day really... There's a lot more fruit and less butter and sugar in these than any commercial muffins.

You can easily change the fruit, use any berries (fresh or defrosted frozen) or swap the pear for apple.



Ingredients

175g self-raising flour

½ tsp baking powder

50g oats

150ml milk (any type)

2 eggs

50g butter

100g caster or granulated sugar

150g chopped pear (2 large or 3 small) - no need to peel, just de-core and roughly chop

100g blueberries

1 tsp cinnamon

For the topping - 1 tbsp sugar, 1 tbsp oats, ½ tsp cinnamon

You will need a muffin tin and paper cases, a small pan, a large bowl, a small bowl, a measuring jug, scales and a wooden spoon.

Makes 12

Method

1. Preheat the oven to 180 degrees and line a 12 hole muffin tin with paper cases.
1. In a small pan melt the butter and then leave to cool a little.
2. In a large bowl weigh out the flour, baking powder, sugar and oats and mix.
3. Measure the milk in a jug, add two eggs and the melted butter and mix together. Pour the wet ingredients into the dry ingredients and stir until combined (don't overmix).
4. Swirl in the chopped fruit and berries.
5. Divide the mixture between your cake cases.
6. In a small bowl mix together 1 tbsp sugar, 1 tbsp oats and ½ tsp cinnamon. Sprinkle the muffin tops with this topping.
7. Bake for 20-25 minutes until the muffins are risen and golden.

These muffins will keep for 2-3 days in a sealed container. They also freeze very well, just take them out the freezer the night before and then gently warm in the morning for a tasty breakfast.