



Lunch Box Muffins

Season: all year round
From the garden: citrus
Type: snack
Difficulty: easy
Country of origin:
Serves: 10 medium or 24 mini muffins
Source: Andrea Habacht, Oropi School Kitchen Specialist

Equipment

- *bowls
- *mixing spoon
- *measuring cup
- *juicer
- *citrus zester
- *mini muffin tins

Ingredients

- *1 ½ cup self raising flour
- *½ cup sugar
- *⅓ cup vegetable oil
- *½ cup milk
- *1 egg
- *1 orange or lemon
- * oil spray

Method

1. preheat oven to 200 degrees

2. measure the dry ingredients into a bowl and mix
3. add the wet ingredients into another bowl and mix
4. zest the lemon or orange and add zest into the wet ingredients
5. cut citrus in half, squeeze out the juice and add to the wet ingredients
6. combine wet and dry ingredients and mix gently. don't over mix
7. fill mixture into sprayed muffin tins and bake in the oven for around 15 min.

Notes: You can add anything into this basic muffin mixture. leave out the citrus and add a cup of chopped fresh or tinned fruit for fruit muffins. 2 tbsp of cocoa for chocolate muffins. Or a combination of chopped apple, cinnamon and raisins. try a different flavour for your lunch box every week....

Skills: measuring, *mixing*...