

BASIC MUFFIN & PANCAKE RECIPE

MUFFINS

2 Cups S.R. Flour

1 teaspoon baking powder

½ Cup Sugar

1 teaspoon cinnamon

Approx. 1 cup Milk

1 Egg

1 teaspoon Vanilla

2-3 tablespoons melted butter or Veg oil

Diced fruit if you are using approx. 1 cup

METHOD

Pre-heat oven 200deg. Spray or grease a 12 capacity muffin tin,

Mix all dry ingredients together. Add fruit and mix through dry ingredients.

Mix all wet ingredients together with a fork making sure the egg is mixed in.

Mix wet ingredients into dry ingredients making a sticky batter, lumps are OK.

With 2 spoons, spoon mixture into prepared muffin tin and bake in oven for approx. 20 min or until brown.

PANCAKES

Add an extra cup of milk to the batter and mix through, let stand for 20 min. Heat a dab of butter in a med size frypan when melted and bubbling ladle 6cm of batter into pan. It's ready to flick over when bubbles appear on the pancake. Cook for a few minutes until brown then pile onto a warmed plate.