

Recipe

Sweetcorn Muffins

Serves 2

Ingredients

For the muffins:

- 50g sweetcorn
- 1 spring onion
- 1 egg
- 3 tbsp milk
- 35g butter/margarine (softened)
- 100g self-raising flour
- Pinch of paprika
- Pinch of salt
- 50g cheddar, grated

Required equipment

- Bowl
- Scissors
- Whisk
- Tablespoons
- Muffin tray
- 6 x muffin cases

Method

1. Put the sweetcorn into a large mixing bowl and snip in the spring onion using scissors
2. Add the butter/margarine and cream in with a wooden spoon
3. Crack the egg into a small bowl and beat with a fork then add this to the sweetcorn mixture with the milk and mix well
4. Add the flour, paprika, salt and cheese and mix well to form a thick, lumpy batter
5. **Using two spoons**, divide the batter between the 6 cases evenly using one spoon to scoop the batter up and the other to push it off into the case
6. **Bake** the muffins for 15-20 mins until they have risen and are golden
7. Carefully remove from the oven, and leave to cool in the tin
8. Eat and enjoy!

Teacher instructions:

Set up notes

- Line a muffin tray with 6 cases
- Pre-heat the oven to 200°C
- Top, tail and peel the spring onion beforehand
- Grate the cheese beforehand
- Make sure the butter/margarine is very soft
- If several trays of muffins are being cooked together, write the students initials/names on the outside of the muffin cases

Ways to eat this

- Each student will make 3 muffins
- Ideally eat one at school and take the other 2 home in a labelled paper bag

Serving dishes if eaten at school

- Two tea plates or napkins

Reheating/cooking at home instructions

- N/A

Additional information

- A lovely recipe for students to eat sociably together at school

Allergens – gluten, dairy, egg