

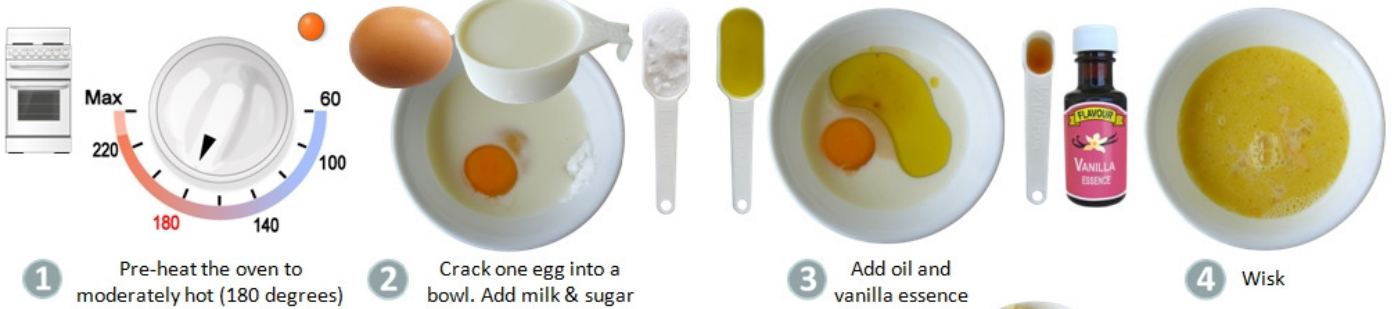
Muffins – Makes 6 muffins



Ingredients



Equipment





14 Place paper cake cups in cake tray



15 Put 1 tablespoon of muffin mix in each paper cup

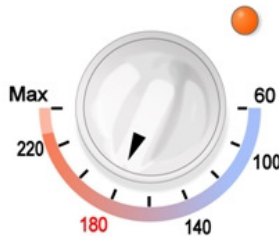


16 Spray inside of paper cups with canola oil to stop the cake mix sticking



17 Divide the rest of the muffin mix between the paper cups

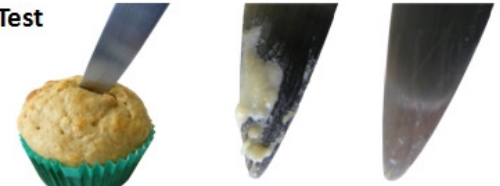
Bake



18 Place in moderately hot oven (180 degrees)
Cook for 20 minutes
(The time will depend upon the oven)



Test



19 Use a knife to see if the muffin is cooked



Good food plate



Serves in 6 muffins



4 serves of cereal



1 serve of fresh fruit



½ serve of milk



½ serve of eggs

There is no need to print the following page when printing and using this resource

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You must at all times use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions

Key skills:

This resource could be used to support development of the following skills:

- Independently follow a recipe.

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated.

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