

Delicious Blackberry Muffins Recipe



Jess and Cooper went foraging for blackberries with their grown-up and spent a wet Friday August afternoon cooking up a storm and making blackberry muffins with the season's early harvest. They donated the recipe to us to help raise money for Tayen's #TruckLoadOfBooks.

Ingredients

- 140g (1 cup) Plain flour
- 140g (1 cup) Wholemeal bread flour
- 1 tbsp Baking Powder
- ¼ tsp salt
- 85g (1/3 cup) dark brown sugar
- Grated rind of ½ orange
- 1 large egg beaten
- 280ml (1 ¼ cup) full fat milk
- 2 tsp orange juice
- 60m (1/4 cup) vegetable oil
- 1 ½ cup blackberries fresh or frozen (plus 12 extra if decorating)
- 12 muffin cases and a muffin tin (if you have a spray oil, give the cases a quick squirt and powder of flour to stop the muffins sticking)

Preheat your oven to 200C. Combine all the dry ingredients (flours, salt, sugar and baking powder) and the orange rind in a mixing bowl and make a well. In a jug, mix the wet ingredients (egg, milk, orange juice and oil) then pour slowly, while folding into the dry ingredients. Don't over mix, lumps are ok. Then add the blackberries carefully folding again. Evenly distribute the mix between all 12 cases. Stick in the oven for 20-25 minutes or until a skewer (or fondue fork is very handy) comes out clean. Then turn out onto a wire rack until cool. When cool enough, decorate as you wish, or for a diet version let them go naked!

Purple Butter Icing Topping

- 280g icing sugar
- 140g Butter
- 1 tbsp milk
- Purple food colouring

Beat the butter in a bowl with an electric mixer (you can do this by hand if you want to burn some calories before eating) until soft and light. Add a third of the icing sugar and mix in with a spoon, then add the next third, mix, and then the last. When there is no powder left, add the milk and your required amount of colour. Mix to a smooth consistency. Plop in an icing bag with the desired attachment and cover the top of the muffin in your chosen design. Finish off with one of the saved blackberries on top – ready to for eating!

