

PEACH MUFFINS

Equipment needed –

Kettle, 12-hole muffin tin, paper cases, silver bowl, large bowl, measuring cups (1 cup, ½), measuring spoons (tablespoon), electric scales, wooden spoon, colander, small knives and chopping boards.

Ingredients from the Garden –

- 4 ripe peaches
- 1 egg

Ingredients from the Pantry –

- 2 ½ cups of self-raising flour
- ½ cup (80g) brown sugar
- 1 cup (250ml) of skim milk
- 2 tablespoons of rolled oats
- 20 grams of margarine, melted

What to do –

1. Preheat the oven to 180°C.
2. Fill up the kettle with cold water and switch it on (the switch will light up).
3. Place the peaches in a silver bowl. Once the kettle has boiled (light goes off) very carefully pour the hot water over the peaches. Set aside for 2-3 minutes.
4. Carefully drain the peaches into a colander over the sink. Run cold water over the peaches to cool them down.
5. Peel the skin off the peaches and place in the bin for the chickens.
6. Using a small knife cut the flesh away from the stone, and chop the peach into small pieces.
7. Line a 12-hole muffin tin with paper cases.
8. Measure out 2 ½ cups of self-raising flour and place in a large bowl.
9. Measure out ½ cup of brown sugar and add to the bowl with the flour.
10. Measure out 1 cup of milk and add to the flour and sugar.
11. Crack the egg into the flour/sugar mixture.
12. Add the melted butter to the mixture and mix well to combine.
13. Spoon the mixture into the muffin cases.
14. Sprinkle with the rolled oats and bake in the oven for 20 minutes.

Serves –

28 students (serve warm)