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#### Spiced Blackberry Muffins Ingredient Kit

Caster sugar, Light brown sugar (sugar, cane molasses), Self Raising flour (**Wheat** Flour, Raising Agents (Sodium Acid Pyrophosphate and Sodium Bicarbonate), Statutory Nutrients (Calcium, Niacin, Iron, Thiamin)), Raising Agent: Baking Powder (**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Raising Agents (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Cassia Cinnamon, Ginger, Salt (salt, anti-caking agent: sodium ferrocyanide), **Almonds (Nuts)**, Cinnamon pearl sugar (totally hydrogenated sunflower oil, colour: plain caramel, natural flavour).

Allergens: for allergens, see ingredients in **bold**.  
Prepared in a factory that handles wheat, milk, soya and nuts.

**Nutritional info per 100g (as sold):** Energy 394 kcal/1663 kJ, Protein 5.9g, Carbohydrates 76g (of which sugars 48g), Fat 6.8g (of which saturates 0.9g), Salt 0.79g.

Best Before: see sticker. Store in a cool, dry place.

Baked In Ltd, Office 112, Slington House, Rankine Road, Basingstoke, HANTS, RG24 8PH **670g**



# SPICED BLACKBERRY MUFFINS

#### SKILL LEVEL:



#### PREP TIME:

25 MINS

#### BAKE TIME:

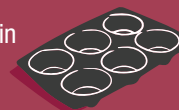
18-20 MINS  
PER BATCH

#### SERVINGS:

18-20 MUFFINS

#### YOU WILL NEED:

- 250g blackberries
- 190g soft butter
- 200ml of milk
- 3 eggs
- 1 muffin tin



#### IN THE KIT:

- |   |   |
|---|---|
| Bag 1 • 20g self raising flour<br>• 20g light brown sugar   | Bag 3 (cont.) • 3/4 tsp cinnamon<br>• 1/4 tsp salt                        |
| Bag 2 • 120g caster sugar<br>• 150g light brown sugar   | Bag 4 • 70g ground almonds  |
| Bag 3 • 250g self raising flour<br>• 3/4 tsp bicarb of soda<br>• 1 tsp baking powder<br>• 1.5 tsp ground ginger | Bag 5 • 25g cinnamon pearl sugar  |
|   | • 20 x 6" square baking paper<br>• 1 butter measure<br>• 1 testing skewer |

# SPICED BLACKBERRY MUFFINS

**1.** Preheat your oven to 190°C/170°C fan assisted/Gas Mark 5. To make the muffin cases: find something the size of your muffin cups, such as a glass. Place the paper over the end and push down to create an inverted case. Repeat for all 20 sheets.



**4.** Into a large bowl, combine the melted butter and sugars (bag 2). Whisk vigorously for 2 - 3 minutes, until the mixture has become slightly thicker.



**5.** Add one egg at a time to the butter mixture, whisking in thoroughly each time.



**8.** Fill each muffin case 3/4 full and sprinkle the top of each with cinnamon pearl sugar (bag 5). This mixture makes more than the average 12-cup muffin tin holds so you may have to do this in batches.



**9.** Bake in the oven for 18 - 20 minutes, until the skewer comes out clean and the tops are golden and crunchy.



**2.** Melt 190g of butter in the microwave or a pan and leave to cool a little. Half each blackberry (unless they are very small) and add to a bowl.



**3.** Sprinkle the flour and sugar mixture (bag 1) over the halved blackberries and stir gently to coat each berry. Set aside.



**6.** Alternate gently folding in the flour, spices and salt (bag 3) and milk into the butter mixture until you have an almost smooth batter, starting and ending with the flour mixture (a few lumps are ok).



**7.** Add the blackberries and ground almonds (bag 4) to the batter and fold very gently until just combined. Ensure to keep the blackberries in tact.



**10.** Let the muffins cool in the tin for 10 minutes before placing on a wire rack to cool completely. Serve just warm or cooled with a dollop of crème fraîche.



## MY TOP TIP!

Try not to over mix the batter in step 7; this will help your bake to be light and moist.

*Michel Roux*  
★ ★ ★