

Fruitburst Muffins

Ingredients

- 225g plain flour
- 2 tsp baking powder
- 2 large eggs
- 50g butter, melted
- 175ml skimmed milk
- 100ml clear honey
- 140g fresh blueberries
- 85g dried cranberries
- 140g seedless raisins
- 140g chopped dried apricots
- 1tsp grated orange zest
- 1tsp ground cinnamon

Method

1. Preheat the oven to 200°C/ gas mark 6/ 180°C in a fan-assisted oven and very lightly butter a 12-hole muffin tin.
2. Sift the flour and baking powder into a bowl.
3. In another bowl, lightly beat the eggs, then stir in the melted butter, milk, and honey.
4. Add the flour with the remaining ingredients.
5. Combine quickly without overworking: it's fine if there are some lumps left, as you want it gloopy rather than fluid.
6. Spoon the mixture into the muffin tin and bake for 20-25 minutes until well risen and pale golden on top.
7. Leave in the tin for a few minutes before turning out.
8. When cool, they will keep in an airtight tin for two days or frozen for a month.