

American Muffins

Makes 6

1 Egg lightly beaten
30g (1oz) Melted butter
125ml (4fl oz) Orange Juice
190g (6oz) Self-Raising Flour
90g (3oz) Caster Sugar
1½ Tablespoons Porridge Oats
Pinch of Salt
100g Sultanas or 100g Chocolate Chips

1. Mix together the egg, butter and orange juice.
2. Combine the flour, sugar, porridge oats and salt and stir into the orange juice mixture. Add the sultanas or chocolate chips.
3. Make sure the ingredients are well combined and that the mixture has a thick consistency.
4. Arrange 6 muffin case on a baking tray and spoon in the muffin mixture filling the cases almost to the top.
5. Bake in a preheated oven at 200°C for 25 minutes until the muffins are golden and firm.