

Raspberry Muffins 3-5 years

You will need:

- 240g plain flour
- 2 tsp baking powder
- 1/4 tsp bicarbonate of soda
- 60g soft light brown sugar
- 120g fresh raspberries or other soft fruit
- 1 large eating apple, peeled, cored and chopped
- 2 eggs
- 8 tbsp milk
- 50g unsalted butter (melted)

The Activity:

1. Wash your hands and put on an apron before preparing food. Preheat the oven to 200°C (Fan 180°C, Gas 6).
2. Line a muffin tin with paper muffin cases.
3. In a large bowl mix the dry ingredients together.
4. Melt the butter in a saucepan on a medium heat on the hob.
5. In a separate bowl, beat the eggs and milk together, add the melted butter and then add the apples and raspberries.
6. Mix the liquid and fruit mixture slowly into the dried ingredients until just combined (the mixture will look lumpy, but that's OK!)
7. Spoon the mixture into the cake cases.
8. Bake for 10-12 minutes in the oven until they look golden, are well risen and firm to touch.
9. Remove from the oven and cool in the tray before removing from the tray.

How this supports knowledge and development:

Baking is a fun learning activity that will help your child learn some basic math concepts and build their language skills. Weighing the ingredients and counting how many muffins you have supports your child's understanding of numbers and counting and concepts such as more or less.

EXTEND THE ACTIVITY

Discuss the shape, size, and colour of the muffins before putting them into the oven. What does your child notice after they have been baked? Are they bigger or smaller? Has the colour changed? Do they smell the same or different?

Ask your child to make predictions about what they are going to need to make the muffins in terms of ingredients and equipment.

Keeping Everyone Safe

Make sure an adult stays in the kitchen when children are baking



Words to introduce to support language development:

Less	Tablespoon	Whisk
More	Cup	Beat
Weight	Teaspoon	Chop
Measure	Peel	Fold
Grams	Stir	Melt

TOP TIP

When baking with more than one child, it helps if they have their own equipment. Children can easily get fed up if they must wait too long for their turn.

Using a timer helps and ask your child to help you with the washing up!

Notes:



Why not design a flag and use a straw to decorate your muffins?

