

Bake4TUF!

Lemon and Blueberry muffins



From: BBC Food

By: The Hairy Bikers. *Hairy Bikers' Best of British*

Preparation time: less than 30 mins

Cooking time: 10 to 30 mins

Makes 12

Ingredients

100g/4oz butter

250g/9oz self-raising flour

1 tsp bicarbonate of soda

100g/3½oz golden caster sugar, plus 2 tsp for sprinkling

100g/3½oz blueberries

1 lemon, zest only

2 free-range eggs

150ml/5fl oz low-fat natural yogurt

2 tbsp milk

12 tsp lemon curd

Method

1. Preheat the oven to 200C/400F/Gas 6. Line a 12-hole deep muffin tin with paper cases.
2. Melt the butter in a small pan over a low heat then set aside to cool for a few minutes.
3. Sift the flour and bicarbonate of soda into a large bowl and stir in the sugar, blueberries and lemon zest. Make a well in the centre.
4. Beat the eggs with a large whisk until smooth then beat in the yogurt, milk and melted butter until well combined. Stir into the flour mixture with a large metal spoon until very lightly mixed.
5. Divide the batter between the muffin cases. Place a teaspoon of the lemon curd on top of each one and sprinkle with the remaining sugar. Bake for 20 minutes or until well risen and golden-brown. Serve warm or allow to cool on a wire rack. (The lemon curd will be very hot, so don't eat as soon as they come out of the oven.)