

# Canteen Muffin Mix

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## PART ONE - Prepare muffin mix

### Ingredients

- 4 kg self raising flour
- 1 kg wholemeal self raising flour
- 2 kg caster sugar

Note: This quantity makes 224 x 65g muffins



### Method

1. Add half the quantity of all ingredients in a large container, mix well
2. Gradually add remaining ingredients and continue to mix well
3. Store in an airtight container, clearly marked, in a cool, dark, dry place
4. The muffin mix will keep for at least two or three months.

## PART TWO - Plan your flavours

- Choose seasonal fruit
- Berries - fresh or frozen e.g. mixed berries, raspberries, strawberries or blueberries
- Banana - mashed or chopped
- Canned fruit in juice - drained and chopped e.g. peaches, apples or pears
- Dried fruit e.g. sultanas, raisins, cranberries or currants
- Pumpkin - cooked and mashed, although it is a vegetable it can be sweet and delicious.



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Traffic light category: **Amber**

## PART THREE - Prepare muffins

### Ingredients

- Muffin mix
- Reduced fat vanilla or flavoured yogurt
- Vegetable oil e.g. canola
- Egg, lightly beaten
- Reduced fat milk
- Fruit of your choice

### Number of muffins

16	32	48
3 ¼ cups	6½ cups	9¾ cups
1 cup	2 cups	3 cups
½ cup	1 cup	1½ cup
1 eggs	2 eggs	3 eggs
1/3 cup	2/3 cup	1 cup
1 cup	2 cups	3 cups

### Method

1. Preheat oven to 180°C
2. Lightly spray muffin trays with oil spray; or use paper cases
3. Place muffin mix in a large bowl, make a well in the centre, set aside
4. In a jug, add yogurt, oil and egg, whisk until combined
5. Add fruit to wet ingredients, gently stir. If the mixture is too dry at this point add a little more milk
6. Pour wet ingredients into dry mix
7. Use a wooden spoon to stir until just combined - do not over mix
6. Spoon mixture into prepared muffin tray or paper cases
7. Bake for 18 - 20 minutes or until golden. Sand on wire rack to cool.



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