

Fruit Muffins

1 cup all purpose flour
1 cup whole wheat flour
1/2 cup sugar
1 tablespoon baking powder
1/4 teaspoon salt
2 eggs
1/2 cup vegetable oil
1 cup milk
1 1/2 cup chopped fruit (peaches, apricots) or berries or dried fruit

Preheat the oven to 400 degrees F. Line 12 muffin cups with paper muffin liners or grease muffin cups well with oil or butter.

In a large bowl, add the all purpose flour, whole wheat flour, sugar, baking powder and salt. Stir well with a spoon or spatula.

Break the eggs into a medium bowl. Whisk eggs and slowly add oil. Add milk and mix well.

Make a hole in the middle of the flour mixture. Pour in all the egg mixture. Stir the mixture gently with a spoon or spatula until all the dry ingredients are wet but still lumpy. Gently stir in fruit.

Use a spoon to fill the muffin cups half full.

Bake the muffins for 25 to 30 minutes or until a toothpick inserted comes out clean. Let cool before removing from the pan.

Makes 12 muffins

Equipment

Mixing bowls
Measuring cups and spoons
Colander
Whisks
Mixing spoon
Muffin tins
Paper muffin cups
Tablespoons
Oven