

NANA'S AMAZING CHOCOLATE CHIP MUFFINS !!

(Yields about 18 muffins)

HERE IS WHAT YOU'LL NEED

Muffin tray(s)
Muffin or cupcake liners
Mixer with mixing bowl
Another bowl to measure each ingredient before you add it to the mixing bowl
Wooden spoon or spatula
Kitchen scale or measuring cup
A grown-up in case you need any help

imperial measures

2 cups all-purpose flour
3 teaspoons baking powder
½ cup white sugar
1 cup milk
½ cup vegetable oil
1 egg
1 cup semi-sweet chocolate chips
½ teaspoon salt
1 teaspoon vanilla essence

metric measures

250g all-purpose flour
3 teaspoons baking powder
200g white sugar
250ml milk
125ml vegetable oil
1 egg
170g semi-sweet chocolate chips
½ teaspoon salt
1 teaspoon vanilla essence

HERE IS WHAT YOU NEED TO DO

Step 1:

Pre-heat the oven to 390F (200C) – or a little bit lower if your oven is circumvented. Lay out your muffin trays and add a liner to each mould. Make sure you have all the ingredients listed above within easy reach.

Step 2:

Mix the egg, milk, oil and vanilla essence in a mixing bowl.

Step 3:

Add the dry ingredients one by one – this is the flour, sugar, chocolate chips, baking powder and salt. The batter may be lumpy at this stage, but that's ok.

Step 4:

Fill the muffin liners with your batter until they are about 2/3 full.

Step 5:

Put your trays in the oven and bake for 20 minutes. You will know that your muffins are done when you can insert a toothpick into the centre, and it comes out clean.

Step 6:

Place your trays on a cooling rack and let them cool down.



Nutrition Facts

Servings: 18

Amount per serving

Calories	208
% Daily Value*	
Total Fat 10.3g	13%
Saturated Fat 3.7g	18%
Cholesterol 10mg	3%
Sodium 77mg	3%
Total Carbohydrate 26.2g	10%
Dietary Fiber 0.4g	1%
Total Sugars 13.4g	
Protein 3.1g	
Vitamin D 1mcg	5%
Calcium 56mg	4%
Iron 1mg	6%
Potassium 110mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.