



Step 2 on the iMAP Milk Ladder

UK Home Recipe Sheet 2 - Muffin

Sweet (Plain) Muffin

Ingredients

- 250g (2 cups) plain wheat flour (can use wheat-free/gluten-free flour)
 [Add 3g (½ tsp) xanthan gum if wheat-free/gluten-free flour is being used]
- 10g (2½ tsp) baking powder (check it is wheat/gluten-free if necessary)
- 25g (2 level tbsp) sugar
- A pinch of salt
- 50 ml (¼ cup) sunflower or canola oil
- 250 ml (1 cup) milk
- 110g (½ cup + 1 tbsp) finely chopped/mashed/grated fruit (apple, banana, pear)
- A few drops of alcohol-free vanilla extract or tip of knife of vanilla powder

Method

Pre-heat the oven to 180°C - 200°C (350 °F - 400 °F)

1. Mix the flour, (plus xanthan gum if using), baking powder, sugar and salt in a bowl
2. Whisk the milk and oil together before adding to the dry ingredients
3. Add the chopped/grated/mashed fruit and vanilla essence and mix well
4. Divide the mixture into 10 muffin cases
5. Bake in the oven for 15-20 minutes
6. Cool on a wire rack

Savoury Muffin

Ingredients

- 250g (2 cups) plain wheat flour (can use wheat-free/gluten-free flour)
[Add 3g (½ tsp) xanthan gum if wheat-free/gluten-free flour is being used]
- 10g (2½ tsp) baking powder (check it is wheat/gluten-free if necessary)
- A pinch of salt
- 50 ml (¼ cup) sunflower or canola oil
- 250 ml (1 cup) milk
- 60g (½ cup) grated dairy free cheese
- A handful of chopped spinach, grated carrot or courgette (optional)

Method

Pre-heat the oven to 180°C - 200°C (350 °F - 400 °F)

1. Mix the flour, (plus xanthan gum if using), baking powder and salt in a bowl
2. Whisk the milk and oil together before adding to the dry ingredients
3. Add the dairy free cheese (and spinach, carrot or courgette if using) and mix well. Add a little water if needed.
4. Divide the mixture into 10 muffin cases
5. Bake in the oven for 15-20 minutes
6. Cool on a wire rack

Step 2 Notes

- 1 muffin provides 0.875g of milk protein
- Start with ½ muffin, increase to 1 muffin before moving on to the next Step of the Milk Ladder

[Your healthcare professional will guide you on the length of time you should stay on each stage of Step 2 (muffin), before moving to the next Step of the Milk Ladder]