



## Raspberry and white chocolate muffins



### Ingredients

- 1 x 300g can Princes raspberries in light syrup
- 300g plain flour
- 2 tsp baking powder
- 100g caster sugar
- 200ml semi skimmed milk
- 100g unsalted butter, melted
- 2 large eggs, beaten
- 100g white chocolate chips

 Serves  
10

 Prep  
10 mins

 Cooking  
20-25 mins

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	309Kcal	17g	14g	8.6g	0.22g
RI%	16%	120%	21%	45%	4%

### Method

1. Preheat oven 190°C (170°C fan) gas mark 5. Line 10 muffin tins with paper cases or grease the tins well.
2. Drain the raspberries and reserve the juice to use in a smoothie.
3. Sieve the flour and baking powder into a large bowl. Stir in the sugar.
4. Whisk together the milk and eggs and pour into flour mixture along with the butter. Using a large metal spoon gently mix, taking care not to over mix.
5. Fold in the raspberries and white chocolate chips.
6. Spoon the mixture into the prepared muffin tins and bake for 20-25mins mins or until golden brown on top and the mixture springs back into position when touched.
7. Allow to cool in the tin for 5mins then transfer to a wire cooling rack.

