



## Miss Windsor's Blackberry & Elderberry Breakfast Muffins!



Hello, darlings!

Miss Windsor's Blackberry & Elderberry Breakfast Muffins – are simple, subtly sweet, yet a rather healthful bundle of fruitiness – hence created with very little sugar; and naturally sweetened by British foraged fruits!

**Preparation time: 30 mins**  
**Cooking time: 20 to 23 mins**  
**Serves 14 delightful guests!**

### Ingredients

- 1/4 cup (60g) unsalted butter (room temperature)
- 1/3 cup (70 g) caster sugar (double the amount, if you have a sweet tooth!)
- 1 egg – well beaten
- 2 & 2/3 cups (340g) all-purpose flour / plain flour
- 4 heaped teaspoon of baking powder
- 1 & 1/2 cups (approx.375ml) whole milk
- 2 cups (approx.280g) - mixed blackberries and elderberries (please note: you can use any berries you like!)
- 1 teaspoon of vanilla essence
- for decoration: extra berries, and a sprinkling of porridge oats

### Equipage

- 1 large muffin tray

### Method

- Darlings, before you proceed, wash those greasy little 'mitts' of yours – Ta very muchly!
- Pre-heat your oven to: 200°C / 180°C Fan / 400 °F / gas mark 6.
- Prepare your muffin tray! So, place good-looking muffin cases into each slot – How spiffing!
- In a large mixing bowl, with a wooden spoon beat the room temperature butter until light and creamy.
- Now, gradually add the sugar, then the beaten egg and vanilla essence – mix well!
- Using a separate mixing bowl, sift the flour about 2 or 3 times – this will help to make the muffins nice and light.
- Add the baking powder and mix together until thoroughly distributed. Reserve 1/4 cup (approx.40g) of flour to coat the blackberries and elderberries with.
- Darlings, using yet another mixing bowl, coat your blackberries and elderberries with the reserved flour – this will prevent the berries from bleeding during cooking. Set the berries to one side.
- To the butter/sugar/egg mixture – add 2 heaped dessertspoons of flour, followed by 2 or 3 glugs of whole milk. Repeat until the flour and milk are finished, then mix well with a wooden spoon.
- Carefully add the flour coated blackberries and elderberries, then with your delicate hand and dessertspoon please mix with caution to avoid any damage to the berries – Much obliged!
- Now, dollop the mixture evenly between the muffin cases. Top with blackberries, elderberries and a sprinkling of porridge oats.
- Place on the middle shelf of oven. Bake for 5 minutes, then turn down the temperature to 180°C / 160°C Fan / 360 °F / gas mark 4.
- Bake for a further 15 minutes or so, until muffins have risen and are slightly sun-kissed – How pleasant!
- Darlings, enjoy with a generous slather of slightly salted West-Country butter, or any jam of choice!



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Miss Windsor x