

Breakfast Bonanza!

Body Brilliant Blueberries



Blueberry Blast

Ingredients:

150g Blackberries
150g Blueberries
1 banana
225ml Apple juice
Ice cubes to serve

Equipment:

Hand blender
Knife and chopping board
Jug
2 glasses



Method:

- 1 Peel and roughly chop the banana.
- 2 Put all the fruits and juice in a blender, and blend until smooth
- 3 Put some ice into 2 glasses and pour over the smoothie and enjoy.

Whole Meal Blueberry muffins!

These deliciously moist muffins are a healthier option as they are full of fibre and low in saturated fat.

Ingredients:

1 ½ tsp baking soda
1 tsp bicarbonate of soda
100g brown sugar
284ml carton butter milk
1 large egg, lightly beaten
75g light olive oil
200g blueberries
1 tbsp Demerara sugar
2 large, very ripe bananas
300g wholemeal flour

Equipment:

Oven and oven gloves
Weighing scales
Measuring jug
Bowls
Spoons
Sieve
Muffin tray and cases



Method:

- 1 Preheat the oven to 180°C.
- 2 Line a 12-hole muffin tin with muffin cases.
- 3 Peel the bananas and mash in a bowl using a fork.
- 4 Mix the flour, baking powder, bicarbonate of soda and brown sugar together in a large mixing bowl.
- 5 Make a well in the centre and add to buttermilk, egg, olive oil and bananas.
- 6 Quickly fold the ingredients together until just incorporated, taking care not to over mix.
- 7 Add the blueberries and give the batter one or two stirs.
- 8 Spoon the batter into the muffin cases and sprinkle with the Demerara sugar.
- 9 Bake in the oven for about 20-25 minutes or until well risen and golden brown on top.

Top tip: put a skewer in the centre of the muffin, if it emerges clean the muffins are ready.