



Blue Badge Bakes



Introduction

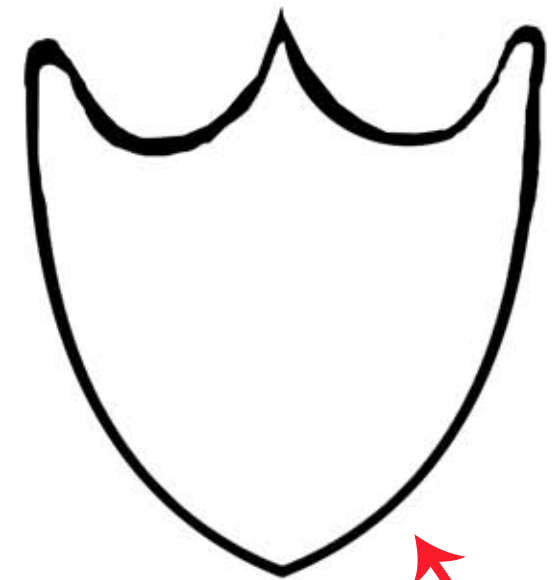
Make these tasty Blue Peter badge muffins to celebrate the launch of our new recycled Blue badge.

You will need

- ✓ 100g flour
- ✓ 1/2 tsp baking powder
- ✓ 1/4 tsp bicarbonate soda
- ✓ Pinch of salt
- ✓ 60g sugar
- ✓ Egg whites from 1 egg
- ✓ 200g yoghurt (we've used blueberry)
- ✓ Zest of 1 lemon
- ✓ 1/4 tsp vanilla extract
- ✓ Blueberries
- ✓ Kitchen foil

Instructions

1. Pre-heat the oven to 190°C.
2. In a mixing bowl combine flour, baking powder, baking soda and salt. Mix together and set aside.
3. In another mixing bowl whisk the egg whites. Then mix in yoghurt, sugar, lemon zest and vanilla extract.
4. Add the flour mixture to the yoghurt mixture. Stir until no lumps remain.
5. Cut off a section of kitchen foil. Fold it over several times to create a 1-2cm wide strip. Bend this strip into a badge shape (use the template shown here) about 5cm tall. Grease the inside and place on a baking tray lined with greaseproof paper. Repeat until you've filled the baking tray with kitchen foil shapes.
6. Put a heaped teaspoon of the bake batter in the centre of each foil shape. This will spread into the edges of your shapes while baking.
7. Place some blueberries on each bake and press down.
8. Place the baking tray in the oven for about 10 minutes or until the cakes start to brown on top.
9. Leave to cool. Then remove the foil and tuck in!
10. Your bakes will store in the fridge for up to 3 days.



Cut this out!