

1. Look at the heading and the photograph. Match the words (1-3) with the definitions (a-c). Then read the text quickly to check your answer.

1. recipe.
2. method.
3. ingredients.
- a. the food items you need to cook something.
- b. what you have to do to cook something.
- c. the complete instructions for cooking something.

HOME	ABOUT	ALL RECIPIES	SEASONAL
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BREAKFAST MUFFINS

Cooking healthy food doesn't have to be really difficult! And healthy food doesn't have to be boring. We all need to eat some fruit at breakfast. This recipe is a healthy but tasty way to have some. And you know that you aren't eating any additives or preservatives. The recipe needs some blueberries, but if you haven't got any, you can use other fruit, too. You can also put in some chocolate if you want a treat! It's a piece of cake!

INGREDIENTS

125g plain flour	2 bananas, mashed
75g wholemeal flour	2 large eggs, separated
200g rolled oats	3 tablespoons sunflower oil
75g brown sugar	250ml milk
3 teaspoons baking powder	125g blueberries (or strawberries, chocolate, etc.)
1 tea spoon salt	

METHOD

1. Put all the flour, oats, sugar, baking powder and salt in a big **bow**.
2. Make a hole in the centre and add the bananas, egg yolks, milk and oil. Mix them all together gently.
3. In another bowl **whisk** the egg white for a couple of minutes. You need to whisk hard!
4. Add the egg whites to the mixture gently. Add the blueberries or some chocolate and mix again gently.
5. Put the mixture into 12 **muffin cases**. Lay the cases on a **baking tray**. Put the tray in the oven and cook for 25 minutes at 200° C.
6. Leave them to cool on a **wire rack** and then put them into a **plastic container**. You can keep them for 4-5 days.

Easy, healthy and delicious! Why don't you try it and leave your comment below?



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2. Read the recipe again. Are these sentences True (T) or False (F)?

1. This recipe is not good for beginners. T / F
2. You can choose the fruit you put in this recipe. T / F
3. You have to choose chocolate in this recipe. T / F
4. You need one bowl to make the muffins. T / F
5. Bananas are always part of the recipe. T / F
6. It takes 25 minutes to bake the muffins. T / F
7. You should remove the muffins from their tray while they are still hot. T / F
8. The recipe makes 12 muffins. T / F

3. Which of these sentences are true?

1. It's really difficult to make healthy food.
2. Muffins are always unhealthy.
3. There aren't any chemicals in the recipe.
4. We don't have to eat any fruit.
5. We should never eat any chocolate.
6. If you buy muffins in a shop, it's difficult to know exactly what's in them.