

Cumbria County Council

Early Years Team

**What can I do
today?**



This week it is...cups

Thursday – microwave muffin in a mug

- Put 2 tablespoons of butter in a large mug (350ml) and microwave for 10-20 seconds.
- Add an egg and 1 tablespoon of milk and 1 teaspoon of vanilla extract. Beat well with a fork.
- Add 1 tablespoon of sugar (light brown sugar is the best), 4 tablespoons of self-raising flour and $\frac{1}{4}$ teaspoon of cinnamon. Beat until smooth.
- If you like blueberries, fold in 1 $\frac{1}{2}$ tablespoons of blueberries and add another 1 $\frac{1}{2}$ to the top of the mixture.
- Cook in the microwave for 2 minutes 20 seconds at 600W, 2 minutes at 800W or 1 minute 40 seconds at 1000W.
- You can use other fruit such as pear chunks or raspberries and also add some chocolate chips.
- Enjoy!