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# Blender Muffins



## INGREDIENTS

1 banana



80g (1 cup) rolled oats



125g (1/2 cup) yoghurt



1 egg



1 tsp baking powder



3 Medjool dates



12 raspberries or blueberries  
(for top)



1



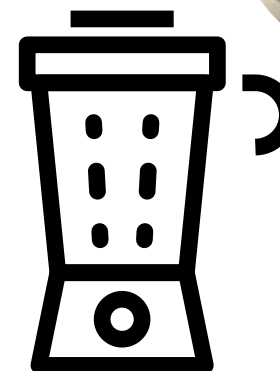
Pre heat oven to  
180C / 335F



Lightly grease a  
mini muffin tray

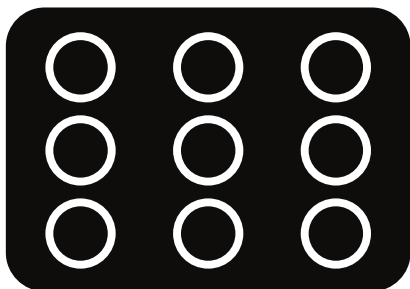
(this mixture fills 12 of a 24 mini  
muffin tray)

2



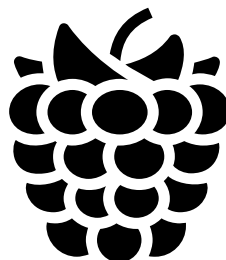
Add all the ingredients to a  
blender (apart from berries)  
and blend until smooth.

3



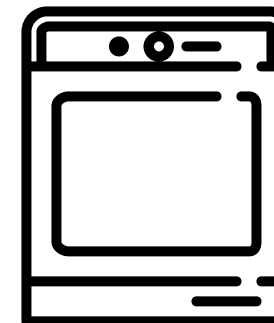
Fill each muffin tray insert, to  
the top, with the mixture.

4



Top each muffin with a  
blueberry or raspberry

5



Bake for 15 mins.

# MATH TIPS



## Blender Muffins



**Ask your child if they can count all the ingredients. Encourage your child to point/touch to the objects as they say the numbers.**



**If using scales to measure ingredients then show your children the numbers going up as you add more. Ask what they think will happen to the number if you took some out.**



**If using cups to measure get your children to guess how many spoons of oats/yoghurt it will take to fill the cup. Count as you fill it. Were they correct/ who had the closest guess?**



**Point to the numbers on the recipe card. Can they say them? Ask them to point to step 3 etc. Ask your child if they can help you find the correct temperature to set the oven.**



**Tell your child you need to grease 12 muffin cups. Get them to count as they grease them. Can they tell you how many are not greased?**



**Explain you have to blend the mixture until it is smooth, can we count how long that will take? 1,2,3.....**



**Use measurement language when filling the muffin cups. Have we filled it to the top? Is it half filled? Do we need more/less? How many are full/how many are empty? How many spoons of mixture does it take to fill it?**



**Get your child to count out 12 raspberries or blueberries for the top. After counting them ask them how many there are. If using a mixture count how many raspberries there are, how many blueberries there are and how many all together.**



**Ask how many muffins will be have left if everyone in the family eats one**

