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



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

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

LIVEWORKSHEETS

METHOD

1 Put all the flour, oats, sugar, baking powder and salt in a big bowl.

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 whites 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 comments below?

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 use 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

LIVEWORKSHEETS

Write the names of the objects using the underlined words from the text.



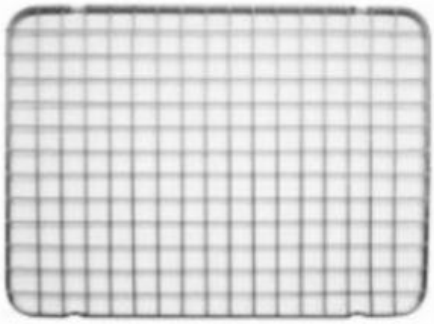
1 .....



2 .....



3 .....



4 .....



5 .....

6 .....

LIVEWORKSHEETS