

BLUEBERRY, LEMON & YOGHURT MUFFINS



MAKES
12



PREP TIME
10 MINS



COOK TIME
30 MINS

INGREDIENTS

- 2 + ½ cups plain wholemeal flour
- 1 tsp baking powder
- ½ cup honey
- 3 free-range eggs, lightly whisked
- ¾ cup extra-virgin olive oil
- ½ cup Greek yoghurt
- 1/3 cup rolled oats, plus extra for sprinkling
- 1 cup blueberries, fresh or frozen
- 1 lemon rind

Georgia says ...

Muffins have the benefit of being suitable for breakfast or as a snack any time of the day. This basic muffin recipe has been made healthier by substituting for wholemeal flour for added fibre, oats for slow releasing energy, yoghurt for a calcium boost, olive oil for healthy fats and the berries for added natural sweetness.

METHOD

STEP 1

Pre-heat oven to 180C. Place the flour, baking powder, honey, eggs, oil and yoghurt in a bowl and mix until just combined.

STEP 2

Gently fold through the oats, blueberries and lemon rind.

STEP 3

Divide the mixture between 12 x ½ capacity muffin tins lined with paper cases.

STEP 4

Sprinkle with extra oats and bake for 30 minutes or until golden and cooked through when tested with a skewer. Let them cool on a wire rack.

Storage: Muffins keep for 1 week. Or store in freezer for future snacks.

