



Muffins

Ingredients:

½ cup SR Flour

1 cup Wholemeal SR Flour

½ Oatbran

½ cup LSA

¼ teaspoon vanilla essence

½ cup Walnuts / Almonds / Pistachios (optional if using for school lunchboxes)

¼ cup Sultanas

2 medium carrots or bananas

½ cup brown sugar

2 eggs

⅓ cup olive oil (or any cold pressed oil)

½ cup pureed vegetables (can be zucchini, squash, pumpkin)

1 cup plain yogurt

½ teaspoon Cinnamon

½ teaspoon Mixed Spice (if you have it)

Option – add in 1 cup frozen blueberries

Method:

Put all the dry ingredients in a bowl and beat the wet ingredients separately

Pour the wet ingredients onto the dry ingredients and mix well using a wooden spoon

Put into muffin tray and cook for 20-25minutes in 180°C oven