

## Apple, Oat and Coconut Muffins

**Serves:** 12

**Prep time:** 10 minutes

**Cook time:** 20 minutes



½ serve per portion

### Ingredients

3 granny smith apples, grated

1 ⅓ cups rolled oats

1 cup shredded coconut

⅓ cup honey

1 teaspoon vanilla

4 tablespoons vegetable oil

3 eggs, whisked

1 ⅓ cups wholemeal self-raising flour

1 teaspoon cinnamon

½ cup sultanas

### Method

PREHEAT oven to 180°C.

MIX apple, oats, coconut, honey and vanilla in a large bowl to combine. Reserve one cup of this apple mixture and set aside.

ADD oil, eggs, flour, cinnamon and sultanas to the remaining apple mixture and mix until just combined.

DIVIDE mixture into 12-hole muffin pan, lined with baking paper.

SPRINKLE the top of each muffin with reserved apple and oat mixture.

COOK for 20 minutes, allow to cool before turning out onto wire rack.



Discretionary Food

*Recipe courtesy of Judy Stubbs, Maleny Branch*