

Judy's Healthy Muffins

Serves: 12

Prep time: 15 minutes

Cook time: 15 - 20 minutes



$\frac{3}{4}$ serves per portion

Ingredients

2 tablespoons skim milk powder
1 ½ cups wholemeal self-raising flour
½ cup white self-raising flour
½ teaspoon nutmeg
1 teaspoon cinnamon
½ cup rolled oats
1 cup dates, roughly chopped
1 cup walnuts, roughly chopped
1 egg, lightly beaten
⅓ cup neutral vegetable oil
1 teaspoon vanilla essence
½ cup apple or pear puree
¾ cup water *OR* fruit juice, no added sugar

Method

PREHEAT the oven to 180°C and line a muffin tray with baking paper.

SIFT the skim milk powder, both flours and the nutmeg and cinnamon into a large bowl. Add the wholemeal husks caught in the sieve back into the bowl.

ADD the rolled oats, dates and walnuts to the sifted ingredients and stir to combine.

COMBINE the eggs, oil, vanilla, puree and water *OR* fruit juice in another bowl.

MAKE a well in the dry ingredients, then add the wet ingredients to the centre and mix gently to combine. The mixture should not be too wet.

BAKE for 15-20 minutes or until a skewer comes out clean.



Everyday Food

Recipe courtesy of Judy Stubbs, Maleny Branch