

Mim's Banana, Blueberry and Oat Muffins

Serves: 12

Prep time: 15 minutes

Cook time: 25 minutes



½ serve per portion

Ingredients

1 ½ cup wholemeal flour

1 cup oats

1 teaspoon baking powder

1 teaspoon bicarbonate soda

⅓ cup honey or maple syrup

4 tablespoon plant based margarine

2 eggs

½ teaspoon vanilla extract

4 overripe bananas, mashed

1 cup blueberries, fresh or frozen



Discretionary Food

Method

PREHEAT oven to 170°C. Line a 12-hole muffin pan with cases or spray with olive oil.

COMBINE flour, baking powder, bicarbonate soda and ¾ cup of oats in a large bowl.

WHISK honey, margarine, eggs, vanilla extract and mashed banana in a separate bowl.

FOLD banana mixture into flour mixture and stir to combine.

ADD blueberries and gently fold through without over-stirring.

SCOOP batter into muffin pan and sprinkle the rest of the oats on top of the muffins.

BAKE in the oven for 25 minutes, or until a skewer comes out clean.

COOL for 10 minutes and then turn out onto wire rack.

What's Great About It?

These delicious muffins will give you a boost of fibre with wholemeal flour, oats, banana, and blueberries. They are a perfect on-the-go snack and a great way to get some extra fruit into your day.

Recipe courtesy of Mimie Sinclair, Oakwood Branch