

Apple and Cinammon Muffins

Vegetarian



Serves

12

Cooking time



Fibre per
serve

4g



Freeze and use as
a lunchbox snack.



Ingredients

2 green apples
1 carrot
1 cup white self-raising flour
1 cup wholemeal
self-raising flour
½ cup desiccated coconut
½ cup rolled oats
2 teaspoons cinnamon

2 eggs
1 cup reduced fat
Greek yoghurt
1 cup reduced fat milk
¼ cup maple syrup
¼ cup olive oil
2 teaspoons vanilla
essence

Equipment

Oven
Muffin tray
Muffin cases
Chopping board
2 large bowls
Measuring spoons
Measuring cups
Large spoon
Spoon
Whisk or fork
Grater



Tasty learning for life



How to make it



1. Preheat oven to 180°C and line a muffin tray with muffin cases. Grate 2 apples and 1 carrot and set aside.



2. To a large bowl, add 1 cup white self-raising flour, 1 cup wholemeal self-raising flour, ½ cup desiccated coconut, ½ cup rolled oats and 2 teaspoons cinnamon and mix until combined.



3. To a separate large bowl, add 2 eggs and beat with a whisk or fork. Add grated apple and carrot, 1 cup yoghurt, 1 cup milk, ¼ cup maple syrup, ¼ cup olive oil and 2 teaspoons vanilla essence. Mix until combined.



4. Add the wet mixture to the dry mixture. Gently mix until combined.



5. Spoon mixture evenly into muffin cases and bake for 25–30 minutes or until golden brown.