

Nutrition Snippet

BLUEBERRY MUFFINS



Serves: 12

Ingredients

- 2 cups plain flour
- 1 cup oats (quick or traditional)
- $\frac{2}{3}$ cup brown sugar
- 1 tsp baking powder
- 1 tsp baking soda
- 1½ cups reduced-fat Greek yoghurt
- 2 eggs, lightly beaten
- 50g margarine, melted, slightly cooled
- 1 tsp vanilla extract
- 1 cup fresh or frozen blueberries

Method

- 1) Pre-heat the oven to 180°C. Prepare muffin tins by greasing with margarine or spraying with oil.
- 2) Combine flour, oats, sugar, baking powder and baking soda in a bowl.
- 3) Combine yoghurt, eggs, margarine and vanilla in a second bowl.
- 4) Fold the yoghurt mixture into the dry mixture and stir to combine. Gently fold in blueberries.
- 5) Spoon into muffin tins and bake for 20–25 minutes or until the top is golden and springs back when touched.

