



Breakfast Muffins

Serves 6

INGREDIENTS

1. 3/4 cup Capilano honey
2. 2 cups self raising flour
3. 1/3 cup olive oil
4. 1 cup Corn Flakes or bran flakes or any other similar cereal in pantry
5. 3/4 cup rolled oats (plus 2 tablespoons extra for garnish)
6. 400g low fat vanilla yogurt
7. 2 eggs lightly beaten
8. 1 mashed banana
9. 1 grated carrot
10. 1 cored and diced apple

INSTRUCTIONS

1. Preheat oven to 190°C.
2. Line a muffin tin with muffin cases.
3. Sift flour into a bowl. Add cornflakes and oats and stir until combined.
4. Whisk Capilano honey, oil, yogurt and eggs together. Add to flour mix with banana, carrot and apple. Mix batter until just combined taking care not to over mix.
5. Spoon into muffin cases until 3/4 full. Sprinkle extra oats on top.
5. Bake for 25 minutes until golden.
6. Cool in tin for 5 minutes and then rest muffins on a wire rack until just warm and ready to serve.

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