

# Apple, Oat, & Sultana Muffins



These muffins are perfect for a mid-day snack or for breakfast. They are packed with healthy ingredients and are not too sweet.

## INGREDIENTS:

*Makes 12 muffins*

100g plain flour  
100g wholemeal flour  
50g porridge oats  
3 level tsp baking powder  
1 tsp ground cinnamon  
50g caster sugar  
2 medium dessert apples, peeled and grated  
125ml plain, whole yogurt  
125ml whole milk  
1 egg  
50ml rapeseed or sunflower oil  
75g sultanas

*Note: For smaller babies leave out the sultanas as they are a choking hazard.*

## METHOD:

1. Preheat your oven to 190 degrees C. Grease your muffin tray or use a silicon muffin tray.
2. Mix together your flours, oats, baking powder, cinnamon and sugar.
3. Grate your apple and add it to the mixture making sure it is evenly distributed through the mixture.
4. Whisk your egg and combine with your yoghurt, milk, egg and oil. Add this to your dry mixture and then add your sultanas.
5. At this stage it is important to mix lightly until everything is combined.
6. Drop spoons of your mixture onto the muffin tray. Bake for 25-30 minutes until risen and golden brown.
7. Transfer to a wire rack. Muffins can be frozen and will keep up to 3 months in your freezer.

**STORE**  
*your*  
**HEALTHY**  
*Homemade*  
**Food**

