

Apple, Date and Cinnamon Muffins

1 ½ cups self-raising flour
1 cup wholemeal flour
2 tsp baking powder
1 cup rolled oats
2 tsp cinnamon
2/3 cup brown sugar
3 apples, peeled and diced finely
½ cup chopped dates
350g trim milk
2 eggs, lightly beaten
1 tsp vanilla essence
¾ cup unsweetened low fat yoghurt
2 Tbsp canola oil

Topping

1 Tbsp brown sugar
1 tsp cinnamon
2 Tbsp rolled oats

Place dry ingredients plus apple and sultanas into a large bowl; in a separate bowl mix together the milk, eggs, vanilla, yoghurt and oil. Add to the dry ingredients and mix well. Spoon into muffin tins, sprinkle with topping and bake at 190C for 15-20 minutes. Allow to cool for 5 minutes in their tins before turning out onto a wire rack.

Health Habits:

- Replacing some of the flour with wholemeal flour – adds more fibre
- Adding dates and apples – adds vitamins, minerals and antioxidants and means less sugar is needed in recipe
- Using trim milk – less fat than regular milk
- Using canola oil instead of butter – canola oil is “heart friendly” where butter is not
- Using small amount of oil only – keeps fat content of muffins down