

Blueberry, Apple and Wheat germ Muffins

1 cup SR flour
1 cup wholemeal flour
2 tspns baking powder
½ cup wheatgerm
¾ cup brown sugar
1 tspn cinnamon
1 - 1½ cups blueberries
1 apple, finely diced with skin on
¼ cup canola oil
½ cup apple puree/sauce
2 eggs
½ cup trim milk

Preheat oven to 190 C. Lightly grease muffin pans (12x normal size, 24 x mini muffin size).

Sift flour into large bowl, return husks to bowl, add wheatgerm, sugar, cinnamon, blueberries and diced apples.

In a separate bowl or jug, mix together oil, apple puree, eggs and trim milk; add to dry ingredients and mix until just combined. Spoon into prepared muffin pans. Bake for 15 – 20 minutes for larger muffins or 10 – 15 minutes for mini muffins, Cook in tins for 5 minutes and then turn out onto a wire rack to cool. Makes 12 standard or 24 mini muffins.

Health Habits:

- High in fibre – maintains health of digestive system
- Blueberries are rich in vitamin C and antioxidants
- Low GI – digests and releases energy slowly - keeps kids full for longer