

FRUIT MUFFINS



Yields:
48 muffins

INGREDIENTS

Quick Oats	500 ml
Whole Wheat Flour	500 ml
Oat Bran	250 ml
Flax Seed	125 ml
Sugar	250 ml
Coconut, shredded unsweetened	250 ml
Baking Powder	10 ml
Cinnamon	10 ml
Baking Soda	5 ml
Salt	5 ml
Frozen fruit of your choice	500 ml
Low-Fat Plain Yogurt	375 ml
Margarine, melted, non-hydrogenated	250 ml
Large Eggs	2
Vanilla	10 ml
Skim Milk	300 ml

DIRECTIONS

1. Preheat the oven to 190°C (375°F). Line muffin tins with paper liners.
2. Mix dry ingredients together. Add the fruit and coat with the dry ingredients.
3. Set aside 150 ml milk. Mix the wet ingredients, including the remaining milk, together.
4. Add the wet ingredients to the dry, and mix just enough to combine. Add more milk as needed to make a thick batter.
5. Fill cups level with paper liners.
6. Bake 15-20 minutes or until firm.



CHEF'S TIPS

Frozen blueberries and peaches are the best! Use peach slices that are fairly large, about twice the size of a blueberry.