

Basic fruit muffin

Makes 16

Ingredients

- 1 cup white self-raising flour
- 1 cup wholemeal self-raising flour
- ⅓ cup sugar
- ¾ cup apple puree, or 1 banana, or 1 cup (150g) blueberries
- 2 eggs
- ⅓ cup canola oil
- ¾ cup reduced fat milk



Method

1. Preheat oven to 180°C and line a muffin tray with patty cases.
2. Add flours, sugar and fruit to large mixing bowl. Mix dry ingredients.
3. In a pouring jug, mix together eggs, oil, and milk. Make a well in the centre of the dry ingredients and gently pour over wet ingredients. Mix ingredients until just combined.
4. Spoon mixture into muffin tray and bake for 15 minutes, or until fully cooked through.

NUTRITION INFORMATION		
Servings per recipe: 16		
Average serving size: 58g		
	Per serve	Per 100g
Kilojoules (kJ)	661	1137
Protein (g)	3.4	5.9
Total fat (g)	6.5	11.2
- Saturated fat (g)	0.7	1.3
Carbohydrates (g)	21.0	36.0
- Sugars (g)	7.8	13.5
Fibre (g)	1.6	2.7
Sodium (mg)	141	242

This recipe meets the **AMBER** criteria in the National Healthy School Canteen Guidelines.