



# Banana & Blueberry Breakfast Muffins (Serves 12)

Make these muffins ahead of time for a quick breakfast or morning snack

## Ingredients

- 2 eggs, beaten
- 1 tbsp low fat yogurt
- 50ml oil
- 3 ripe bananas, mashed
- 4 tbsp clear honey
- 1tsp vanilla extract
- 200g wholemeal flour
- 50g rolled oats, plus extra for sprinkling
- 1 tsp bicarbonate soda
- 1 tsp baking powder
- 1 ½ tsp cinnamon
- 100g blueberries
- 2 tbsp mixed nuts

## Method

1. Pre-heat oven to 180°C/160°C fan/gas 4. Line your muffin tray with 12 large muffin cases
2. In a bowl, whisk the eggs together with the oil and honey
3. Add the yogurt, mashed bananas, vanilla extract and cinnamon, mix well
4. Add bicarbonate soda, baking powder, flour and oats, mix well
5. Mix the blueberries through
6. Divide the mix evenly between each muffin case. Sprinkle the nuts and extra oats over the top
7. Bake for 25-30 minutes until golden brown on top and well risen
8. Remove from oven and leave to cool before removing from tray. Muffins will keep for up to 3 days in a sealed container

## Nutrition

These muffins are low in saturated fat. A diet high in saturated fat is associated with raised cholesterol which is linked to an increased risk of heart attacks and stroke. As part of a healthy diet we should aim to reduce our intake of saturated fats and replace them with unsaturated fats such as nuts and vegetable oils to reduce the risk of heart disease.

### One muffin (80g) contains

Energy 178kcal	Fat 3.8g	Saturates 0.7g	Sugars 12.4g	Salt 0.5g	Protein 6g	Carbs 28.4g	Fibre 3.3g
9%	5%	4%	14%	8%	12%	11%	-

### % of an adult's reference intake

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