

## RECIPE

# Multi Muffin Recipe

**24** Makes **24 mini** muffins or **12 regular** muffins



Prep: 10 Minutes



Cooking: 30 minutes



## INGREDIENTS

2 cups wholemeal self-raising flour

1 cup oats

2 teaspoons baking powder

¼ cup olive oil

1/3 cup natural yoghurt

500-600ml milk

1 teaspoon vanilla extract

¼ cup chia seeds

2 teaspoons hempseed

## COOKING INSTRUCTIONS

- ▶ Preheat oven to 180.
- ▶ Combine all the ingredients together in a large bowl, then add milk.
- ▶ Using a spatula mix well together, this is great for children to help with.
- ▶ Spray the muffin tins with a spray olive oil.
- ▶ Place the mixture into the muffin pans using spoons.

**At this point you can make your muffins savoury or sweet. (see next page)**

- You can also add a sprinkle topping: Oats, coconut, pumpkin seeds, sunflower seeds or quinoa flakes.
- ▶ Place into the oven and bake for about 25 minutes for mini size and 30 minutes for larger.
- ▶ Bake for about 25 minutes until golden brown.

## RECIPE

# Multi Muffin Recipe *Continued*

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### SWEET MUFFINS

Add the following combination:

- ▶ 2 mashed bananas
- ▶ 1 large grated apple
- ▶ Grated rind of 1 orange and juice
- ▶ 1 cup frozen blueberries/raspberries
- ▶ 1 large grated pear
- ▶ Mango fresh or frozen
- ▶ Pears
- ▶ Lemon and coconut
- ▶ Berry combinations

With the optional toppings:

- ▶ ½ cup sultanas/raisins/dates
- ▶ 2 teaspoons cinnamon
- ▶ 2 teaspoons ground wattle seed
- ▶ ¼ cup dark cacao powder
- ▶ ½ cup chopped pineapple, 1 cup shredded coconut, add into mix and sprinkle on top of muffin

Popular combinations for kids:

- ▶ Carrot/apple/sultana
- ▶ Banana/cinnamon
- ▶ Raspberry/pear/coconut
- ▶ Apple/sultana
- ▶ Date/coconut
- ▶ Cacao powder/banana
- ▶ Cacao powder/ grated fresh beetroot
- ▶ Apricot/orange
- ▶ Orange/poppyseed
- ▶ Lemon myrtle/natural yoghurt
- ▶ Cooked mashed pumpkin/cinnamon/ grated apple

### SAVOURY MUFFINS

Add approx. 2 cups vegetables, 1 cup cheese to 2 cups of flour mix.

And the following combinations:

- ▶ Grated carrot, cheese and parsley
- ▶ Grated pumpkin, baby spinach or frozen spinach, fetta/grated cheese
- ▶ Sweet potato/grated apple
- ▶ Corn, chopped mixed capsicum, grated zucchini, cheese
- ▶ Pizza muffins – tomato paste, oregano, mozzarella, spinach
- ▶ Grated zucchini, grated carrot, mashed sweet potato, ricotta
- ▶ Spinach, mushroom and tomato paste
- ▶ Red lentils - cooked, mashed pumpkin, fresh coriander, spices – cumin, coriander, turmeric or curry powder.



Muffins are great for fast breakfasts, snacks and lunchboxes.

This batch will freeze well in small containers or zip lock bags.

Olive oil is a great substitute for butter and is good for heart health as it is an unsaturated fat.

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