



Apple Cinnamon Muffins

Makes 18 muffins

Ingredients

2 large eggs
½ cup sugar
1 T canola oil
1 t vanilla essence
1 cup low fat yogurt (plain or vanilla flavour)
½ cup fat free milk
1 cup cake flour
2 t baking powder
1 t bicarbonate of soda
2 t cinnamon
Pinch of salt
1 cup oat bran
½ cup high fibre Pronutro (apple bake)
1 cup grated Granny Smith apples
Cinnamon sugar (optional)

Method

Heat the oven to 220°C
Prepare muffin tray with Spray 'n Cook
Beat eggs in a mixing bowl to light and fluffy
Add sugar spoon for spoon and beat after every spoon added
Add oil, vanilla, yogurt and milk and stir until mixed
Sift flour, baking powder, bicarbonate of soda, cinnamon and salt together in a large mixing bowl.
Add Oat Bran, Pronutro and apple and mix well.
Add egg mixture to the dry ingredients and mix well.
Fill muffin tray with mixture.
Sprinkle a bit of cinnamon sugar on top before baking.
Decrease temperature of oven to 190°C and bake for 25 minutes
Let the muffins cool down before taking them out of the muffin tray.
Can be stored in fridge for up to 3 days.