

A Brilliant Morning Tea



Blueberry and Oat Muffins

Preparation time: 10 minutes **Cooking time:** 25 minutes **Serves** 12

Diet and Allergies: Nut Free, Vegetarian **Contains:** 0.1 serves of fruit per muffin

Ingredients

- 2 cups plain flour (white or wholemeal, or a mixture)
- 1 cup oats (quick or traditional)
- 1 cup brown sugar
- 1 tsp baking powder
- 1 tsp baking soda
- 1½ cups reduced-fat Greek yoghurt
- 2 eggs, lightly beaten
- 50g margarine, melted, slightly cooled
- 1 tsp vanilla extract
- 1 cup fresh or frozen blueberries

Method

1. Pre-heat the oven to 180°C. Prepare muffin tins by greasing with margarine or spraying with oil.
2. Combine flour, oats, sugar, baking powder and baking soda in a bowl.
3. Combine yogurt, eggs, margarine and vanilla in a second bowl.
4. Fold the yoghurt mixture into the dry mixture and stir to combine.
5. Gently fold in blueberries.
6. Spoon into muffin tins and bake for 20–25 minutes or until the top is golden and springs back when touched.