



APPLE, BANANA & CARROT MUFFINS



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Preparation 10 mins | Cooking 30 mins | Makes 12

- 1 very ripe banana, peeled
- 1 apple, unpeeled, coarsely grated
- 1 carrot, peeled and coarsely grated
- ½ cup wholegrain rolled oats, plus extra 2 tbs
- 1 free-range egg
- ½ cup light in flavour extra virgin olive oil
- ¾ cup Greek-style natural yoghurt + ⅓ cup extra to serve
- ⅓ cup caster sugar
- 1 cup wholemeal self-raising flour
- 2 tsp baking powder
- 1 tsp ground cinnamon
- 6 small strawberries, hulled and halved, to serve

STEP 1 Preheat oven to 200°C fan-forced. Line a 12 hole x ½-cup capacity muffin pan with muffin wraps or paper cases.

STEP 2 Place banana into a mixing bowl. Using a fork, mash until almost smooth. Add apple, carrot, oats, egg, oil, yoghurt and sugar. Whisk with a fork until just combined.

STEP 3 Add flour, baking powder and cinnamon to banana mixture. Stir with a fork until just combined (don't over mix). Spoon mixture into prepared pan. Scatter with extra oats. Bake for 25-30 minutes until cooked through when tested with a skewer. Stand in pan for 10 minutes then transfer to a wire rack to cool.

STEP 4 Top each muffin with a dollop of yoghurt and a halved strawberry and serve.

Good for you... **APPLES**

Apples contain a source of dietary fibre and natural sorbitol. Both fibre and sorbitol help keep us regular. A good source of vitamin C, among its many functions, contributes to healthy gums. Low GI meaning the natural sugars are digested slowly, releasing energy gradually.



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