

Simply Nuts Morning Muffins



A yummy and nutritious muffin snack.

Recipe supplied by Bega.

Ingredients

1/2 cup Bega Simply Nuts Squeeze Peanut Butter

3 tbsp honey

1/2 cup Greek yoghurt

1/2 cup milk

2 eggs

1 large carrot, grated

1 large apple, grated

1/4 cup sultanas

1 cup self-raising flour

1 tsp ground cinnamon

pepitas and oats to sprinkle

Method:

1. Pre-heat oven to 180°C fan forced. In a large bowl mix together peanut butter, honey, yoghurt, milk and eggs. Fold through the carrot, apple and sultanas. Sift over self-raising flour and cinnamon, and fold to combine.
2. Divide the mixture between 12 silicon muffin holes, (alternatively line muffin tin with papers). Sprinkle muffins with pepitas and oats.
3. Bake for 25 minutes until golden brown and cooked through. Let sit for 10 minutes before removing muffins from the moulds and placing on a cooling rack.