

ORANGE AND POPPYSEED MUFFINS



Traffic light category: **Amber** Serves: 24

Ingredients

- 4 Weet-Bix, finely crushed
- 1½ cups wholemeal self raising flour
- 1 tablespoon poppy seeds
- Zest from 1 orange
- 1 cup 100% orange juice
- 2 eggs
- ½ cup honey
- ¼ cup extra virgin olive oil

If you can't get any pure orange juice, it is quick, and may be cheaper to juice your own!

Method

1. Preheat oven to 180°C. Lightly coat a 24-hole muffin tin with cooking oil spray, or line with paper
2. Combine Weet-Bix, flour, poppy seeds and orange zest in a large bowl and stir well
3. In a jug, whisk together juice, eggs, honey and oil. Add juice mixture to bowl with dry ingredients and stir to just combine
4. Divide batter into prepared tin. Bake 12 minutes or until muffin tops are golden and spring back when pressed, or when a toothpick inserted into the centre comes out clean
5. Cool muffins in tin for five minutes, then turn out onto a rack to cool completely.

Tip: Batter will be thin when mixed, but will thicken as the Weet-Bix absorbs the liquid – don't add any additional flour or you'll end up with tough muffins!

Recipe courtesy of Sanitarium Health and Wellbeing

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