



Traffic light category: **Amber**

Serves: 18 (54g muffins)

Ingredients

- 2 ½ cups self raising flour, sifted
- ½ cup natural bran
- ¾ cup raw sugar
- 4 tablespoons cocoa, sifted
- 2 eggs
- ½ cup polyunsaturated oil (e.g. canola)
- 1 cup reduced fat milk
- 1 cup reduced fat natural yoghurt

Method

1. Combine flour, bran, sugar and cocoa in a large mixing bowl
2. In a separate bowl, combine eggs, oil, milk and yoghurt
3. Add the egg mixture to the dry ingredients
4. Mix gently until all ingredients combined
5. Spoon mixture into a non-stick mini muffin pan (may be lined with paper cases)
6. Bake in a moderate 180° oven for 20-25 minutes
7. Cool slightly on rack before serving, store in an air tight container.

Variations: for some added zest and flavour, try adding 2 mashed bananas or ½-1 cup of fresh cherries or frozen raspberries. Do not over-mix muffins or they will become tough and dry.

Recipe adapted with permission from the Western Australian School Canteen Association Inc.

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