



Traffic light category: **Amber**

Serves: 48 mini muffins

Ingredients

- Olive oil cooking spray
- 2 cups self-raising flour, sifted
- ½ cup wholemeal self raising flour, sifted
- ¾ cup honey
- 1 tablespoon finely grated lemon rind
- ¼ cup lemon juice
- 1 cup reduced fat vanilla or other flavoured yoghurt
- ½ cup vegetable oil
- 1 egg, lightly beaten

Method

1. Preheat oven to 190°C
2. Lightly spray muffin trays (or use paper cases)
3. combine flours in bowl. Make a well in the centre. mix egg and honey in a separate bowl. add to dry mixture along with lemon rind, lemon juice, yoghurt and oil. Using a wooden spoon stir until just combined
4. Spoon mixture into prepared pan. Bake for 10-12 minutes or until golden, stand on wire rack to cool.

Top Tip: add 4 tablespoons of poppy seeds to the mixture for a twist

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

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