

Breakfast berry banana muffins



Ingredients

75g porridge oats
150g low fat natural or Greek yogurt
1 very ripe banana
3 x 15ml spoon semi skimmed milk
3 x 15ml spoon vegetable oil
1 large egg
75g soft brown sugar
150g self-raising flour
100g berries

Equipment

Muffin tray, 12 muffin cases, weighing scales, measuring spoons, mixing bowl, fork, small bowl, sieve, mixing spoon, two spoons, cooling rack.

Method

1. Preheat oven to 200C/Gas mark 6.
2. Line a 12 hole muffin case with paper cases.
3. In a large bowl, mash the banana with a fork or a potato masher.
4. Add the oats, yogurt, banana and milk to the large bowl and mix together.
5. In a separate bowl mix together the oil, egg and sugar together.
6. Sieve the flour into the bowl containing the oat, yogurt, banana and milk mixture.
7. Add the oil, egg and sugar mixture into the large bowl.
8. Stir the mixture together, taking care not to over mix.
9. Fold in the berries to the mixture.
10. Divide the muffin mixture equally among the muffin cases. Add toppings, if desired.
11. Bake for 18-20 minutes.

Tips:

- Try using a variety of berries that are in season, such as raspberries, blackberries or blueberries.
- You could add extra toppings to the muffins, such as chopped nuts, desiccated coconut or pumpkin seeds.
- Try adding extra flavour by sieving ground spice, such as ginger, cinnamon or mixed spice with the flour.