

Recipe: Muffin Surprise

Dessert

Light and fluffy raisin muffins made with wholemeal flour and oats, a delicious way to sneak some wholegrains into sweet treats.

Preparation time: 15 minutes

Cooking time: 40 minutes

Serves 10 children

Ingredients

- Ingredients A:
 - 150 g whole wheat flour*
 - 1 teaspoon baking soda
 - ½ teaspoon cinnamon powder
 - 80 g sugar
- Ingredients B:
 - 2 eggs, lightly beaten
 - 4 tablespoons canola oil*
 - 250 ml low fat milk* ^
- Ingredients C:
 - 100 g raisins
 - 100 g instant oats*



* Choose products with the Healthier Choice Symbol

^ Children aged 12 months to 2 years old require full cream milk to meet their dietary requirements for fat, protein, vitamins and minerals which are essential for their growth and development.



Nutrition Information

(Per serving): 85 g

Energy 233 kcal

Protein 5.4 g

Total fat 8.1 g

Saturated fat 1.1 g

Carbohydrates 34.8 g

Total sugar 15.8 g

Dietary fibre 2.8 g

Sodium 146.4 mg

Methods

1. Preheat oven at 200° C.
2. Sift ingredients A together into a mixing bowl.
3. Add ingredients B into the dry mixture and stir well until it is well combined.
4. Fold in the raisins and instant oats and spoon the mixture into the lightly greased muffin tray.
5. Bake at 200° C for 20 minutes.

Tips:

- You can also bake the muffins in an air fryer or steam the muffins in a steamer. The difference would be that a steamed muffin will not be crusty but soft.
- Instead of raisins, you could use chopped nuts or diced fresh apples for variety.

Cost Per Serving: \$0.43

