

Oats & Berry Muffins

Ingredients

1 cup cake flour / HCW Gluten Free Flour Mix

2/3 cup HCW Rolled Oats / Gluten Free Rolled Oats

1/3 cup sugar

2 tsp baking powder

1/2 tsp baking soda

1/2 tsp salt

1 egg

1/2 cup milk

1/2 cup mashed banana / apple puree

2 tbsp vegetable oil

1/3 cup HCW Cranberries

2 tbsp HCW Goji Berries

1/4 cup pecans, chopped

Method

1.

Combine the dry ingredients in a large bowl. In a small bowl, beat together the egg, milk, banana and oil. Add to dry ingredients and mix well. Stir in cranberries and pecans.

2.

Coat muffin cups with cooking spray and divide the mixture evenly between them. Bake at 190°C for approximately 15 minutes. Allow to cool for 5 minutes before removing from the pan. Place on a wire rack to cool completely.

3.

Store in an airtight container to keep fresh.

4.

Suggestion: Use a mini muffin tray to provide smaller serving sizes.

We invite you to order Goji Berries online. Click the link below to view the product.

<http://www.health-connection.co.za/Shop/item.aspx?id=129185>

