

## 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**

**½ tsp baking soda**

**½ tsp salt**

**1 egg**

**½ cup milk**

**½ cup mashed banana / apple puree**

**2 tbsp vegetable oil**

**1/3 cup HCW Cranberries**

**2 tbsp HCW Goji Berries**

**¼ 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>

