



## Fruit muffins

AMBER (NSW & NHSC)

Makes 14 muffins; berry, banana, apple and cinnamon, banana and blueberry or peach and passionfruit

### Ingredients:

- Cooking spray
- 1 cup (150g) white self raising flour
- 1 cup (150g) wholemeal self raising flour
- ½ cup caster sugar
- 2 eggs
- ½ cup canola oil
- ¾ cup reduced fat milk
- 1 cup fruit (see variations below)

### Method:

1. Preheat oven to 180°C.
2. Lightly coat muffin tray with cooking spray.
3. In a bowl, sift together flours and sugar, making a well in the centre.
4. Lightly whisk eggs then add oil and milk.
5. Add the mixture to the dry ingredients along with the fruit. Stir until just combined. Do not overmix at this stage.
6. Spoon into muffin tins, making 14 muffins and bake for 20-25 minutes.
7. Serve warm or cooled at room temperature.

### Variations:

- **Berry muffins:** 1 cup of frozen berries, mixed or individual (e.g. raspberries, blueberries) + 1 teaspoon of vanilla extract.
- **Banana muffins:** 1 cup mashed banana (approximately 2 large bananas)
- **Apple and cinnamon muffins:** 1 cup peeled and grated/finely diced apple + 1 teaspoon ground cinnamon
- **Banana and blueberry muffins:** ½ cup mashed banana + ½ cup blueberries
- **Peach and passionfruit muffins:** ¾ cup diced, canned peaches (in fruit juice) + 2 tablespoons passionfruit pulp

*Recipe tested by JG April 2016*

**Nutrition information:**

<b>Raspberry muffins</b>	<b>Per serve (67.4g)</b>	<b>Per 100g</b>
Energy (kJ)	820.1	1217.5
Protein (g)	3.7	5.5
Fat – total (g)	9.3	13.8
Fat – saturated (g)	0.9	1.4
Carbohydrates – total (g)	23.6	35.1
Carbohydrates – sugar (g)	9	13.4
Sodium (mg)	159.7	237.1
Fibre (g)	2.2	3.2

<b>Blueberry muffins</b>	<b>Per serve (66.6g)</b>	<b>Per 100g</b>
Energy (kJ)	819.5	1229.8
Protein (g)	3.6	5.5
Fat – total (g)	9.3	13.9
Fat – saturated (g)	0.9	1.4
Carbohydrates – total (g)	24	36
Carbohydrates – sugar (g)	9.4	14
Sodium (mg)	158.9	238.4
Fibre (g)	1.8	2.7

<b>Mixed berry muffins</b>	<b>Per serve (68.8g)</b>	<b>Per 100g</b>
Energy (kJ)	815.8	1186
Protein (g)	3.7	5.4
Fat – total (g)	9.3	13.5
Fat – saturated (g)	0.9	1.3
Carbohydrates – total (g)	23.6	34.3
Carbohydrates – sugar (g)	9	13.1
Sodium (mg)	160	232.5
Fibre (g)	1.9	2.8

<b>Banana muffins</b>	<b>Per serve (74.3g)</b>	<b>Per 100g</b>
Energy (kJ)	880.1	1184.2
Protein (g)	3.9	5.2
Fat – total (g)	9.3	12.5
Fat – saturated (g)	0.9	1.2
Carbohydrates – total (g)	27.2	36.6
Carbohydrates – sugar (g)	11.4	15.4
Sodium (mg)	160	215.2
Fibre (g)	2.3	3

<b>Apple and cinnamon muffins</b>	<b>Per serve (67g)</b>	<b>Per 100g</b>
<b>Energy (kJ)</b>	825.6	1232.1
<b>Protein (g)</b>	3.6	5.4
<b>Fat – total (g)</b>	9.3	13.9
<b>Fat – saturated (g)</b>	0.9	1.4
<b>Carbohydrates – total (g)</b>	24.2	36.2
<b>Carbohydrates – sugar (g)</b>	9.6	14.3
<b>Sodium (mg)</b>	159.8	238.4
<b>Fibre (g)</b>	1.9	2.9

<b>Banana and blueberry muffins</b>	<b>Per serve (70.3g)</b>	<b>Per 100g</b>
<b>Energy (kJ)</b>	849.9	1208.9
<b>Protein (g)</b>	3.8	5.4
<b>Fat – total (g)</b>	9.3	13.2
<b>Fat – saturated (g)</b>	0.9	1.3
<b>Carbohydrates – total (g)</b>	25.6	36.4
<b>Carbohydrates – sugar (g)</b>	10.4	14.8
<b>Sodium (mg)</b>	159.8	227.3
<b>Fibre (g)</b>	2	2.9

<b>Peach and passionfruit muffins</b>	<b>Per serve (72.1g)</b>	<b>Per 100g</b>
<b>Energy (kJ)</b>	831.6	1152.8
<b>Protein (g)</b>	3.8	5.3
<b>Fat – total (g)</b>	9.3	12.9
<b>Fat – saturated (g)</b>	0.9	1.3
<b>Carbohydrates – total (g)</b>	24.1	33.4
<b>Carbohydrates – sugar (g)</b>	9.5	13.1
<b>Sodium (mg)</b>	161	223.3
<b>Fibre (g)</b>	2.3	3.2