

Breakfast Muffins

Ingredients

- 2 [large eggs](#)
- 150ml [pot natural low-fat yogurt](#)
- 50ml [rapeseed oil](#)
- 100g [apple sauce](#) or pureed apples (find with the baby food)
- 1 [ripe banana](#), mashed
- 4 tbsp [clear honey](#)
- 1 tsp [vanilla extract](#)
- 200g [wholemeal flour](#)
- 50g [rolled oats](#), plus extra for sprinkling
- 1½ tsp [baking powder](#)
- 1½ tsp [bicarbonate of soda](#)
- 1½ tsp [cinnamon](#)
- 100g [blueberry](#)
- 2 tbsp mixed seed (we used pumpkin, sunflower and flaxseed)

Method

• STEP 1

Heat oven to 180C/160C fan/gas 4. Line a 12-hole muffin tin with 12 large muffin cases. In a jug, mix the eggs, yogurt, oil, apple sauce, banana, honey and vanilla. Tip the remaining ingredients, except the seeds, into a large bowl, add a pinch of salt and mix to combine.

• STEP 2

Pour the wet ingredients into the dry and mix briefly until you have a smooth batter – don't overmix as this will make the muffins heavy. Divide the batter between the cases. Sprinkle the muffins with the extra oats and the seeds. Bake for 25-30 mins until golden and well risen, and a skewer inserted into the centre of a muffin comes out clean. Remove from the oven, transfer to a wire rack and leave to cool.