

# mini muesli muffins

**This recipe is very versatile! You can replace the pecans, sultanas and muesli with other varieties of dried fruit, nuts or wholegrain cereals if you don't have these specific types on hand.**

## ingredients

**Serves 24**

- 1½ cups (130g) untoasted muesli
- 1 cup (150g) wholemeal self-raising flour, sifted
- ½ cup (115g) sugar
- 1 large green apple, grated
- 2 medium carrots, grated
- ½ cup (80g) sultanas
- ½ cup (75g) pecans or other nuts\*, chopped
- 2 eggs, beaten
- ⅓ cup (80mL) oil, canola or light olive
- 1 cup (250mL) milk, reduced fat

## method

1. Preheat oven to 190°C.
2. Place muesli, sifted flour, sugar, apple, carrots, sultanas and nuts\* into a bowl. Mix together.
3. Combine eggs, oil and milk in a separate bowl.
4. Spoon mixture into 24 mini muffin cases or place in 2 x 12-hole non-stick mini muffin trays.
5. Bake mini muffins for 30 minutes.



\*Nuts are a high allergy food. Check your school's policy on nut allergies.