

Recipe OF THE month

HEALTHY FRUIT MUFFINS

$\frac{1}{2}$ C	Raisins	$\frac{1}{4}$ C	Oil
$\frac{1}{2}$ C	Brown sugar	2	Eggs
1 C	Plain yoghurt	1 C	Bran flakes
1 C	Flour	1 tsp	Cinnamon
$1\frac{1}{2}$ tsp	Baking soda	$\frac{1}{2}$ tsp	Salt
1	Apple grated	$\frac{1}{4}$ C	Sunflower seeds
Can add berries, dates, walnuts etc			

Preheat oven 200°C. Spray muffin tray with cooking spray.
Soak raisins in apple juice or hot water.

Combine oil, brown sugar, eggs and yoghurt in bowl, whisk until well combined. Add flour, bran, seeds, cinnamon, baking soda, salt and fruit, stirring until just combined. Spoon mixture into prepared muffin tray.

Bake for approx. 16 minutes until firm to touch.
Yum yum!