



# Basic Fruit Muffin



Makes 16

## Ingredients

- 1 cup white self-raising flour
- 1 cup wholemeal self-raising flour
- $\frac{1}{3}$  cup sugar
- $\frac{3}{4}$  cup apple puree, or 1 banana, or 1 cup (150g) blueberries
- 2 eggs
- $\frac{1}{3}$  cup canola oil
- $\frac{3}{4}$  cup reduced fat milk



## Method

- Preheat oven to 180°C and line a muffin tray with patty cases.
- Add flours, sugar and fruit to large mixing bowl. Mix dry ingredients.
- In a pouring jug, mix together eggs, oil, and milk. Make a well in the centre of the dry ingredients and gently pour over wet ingredients. Mix ingredients until just combined.
- Spoon mixture into muffin tray and bake for 15 minutes, or until fully cooked through.