

Mandarin, Oat & Yoghurt Muffins



Makes 12



35min



Spring



Mandarins

INGREDIENTS:

- 1 cup rolled oats
- 1 cup wholemeal plain flour
- $\frac{3}{4}$ cup plain flour
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon ground cardamom (optional)
- 2 eggs
- $\frac{3}{4}$ cup reduced-fat plain greek yoghurt
- $\frac{1}{3}$ cup canola oil
- $\frac{1}{4}$ cup honey
- Finely grated zest of 2 mandarins
- $\frac{1}{2}$ cup fresh mandarin juice
- 2 mandarins, peeled and roughly chopped
- 1 teaspoon vanilla extract



METHOD:

1. Preheat oven to 180°C (160°C fan-forced). Line a 12-hole muffin tin with paper cases or lightly spray with oil.
2. In a large bowl, combine the rolled oats, flour, baking powder, cinammon and cardamom.
3. In a separate bowl, whisk together. the eggs, yoghurt, canola oil, honey, mandarin zest, mandarin juice and vanilla.
4. Add the wet ingredients to the dry ingredients and gently stir until just combined.
5. Gently fold through the chopped mandarin, avoid overmixing.
6. Divide the mixture evenly between the 12 muffins.
7. Bake for 18-22 minutes, or until golden and a skewer inserted into the centre comes out clean.
8. Cool in the tin for 5 minutes before transferring to a wire rack.

TIPS:

- Vegetarian and nut-free
- For a dairy-free option, use an unsweetened calacium-fortified soy yoghurt.

Share it with us!



@foodfromh0me



This recipe was developed by the Baker Heart and Diabetes Institute and supported by Enliven Victoria.