



Wholemeal Blueberry Muffins

Makes 10-12 muffins (depending on muffin pan size).
Moist and full of flavour, perfect for brunch.

Ingredients:

1 cup plain flour
3/4 cup plain wholemeal flour
2 teaspoons baking powder
1/4 cup sugar
2 tablespoons NUTTELEX
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1 tablespoon golden syrup
grated rind of 1 lemon
1 egg
3/4 cup milk
1 cup blueberries (if frozen do not thaw)

Method:

1. Combine dry ingredients.
2. Melt NUTTELEX and golden syrup together and add to dry ingredients with egg and milk.
3. Mix only enough to combined, fold through blueberries, and spoon into well greased muffin pans.
4. Bake at 200°C for 10-12 minutes or until well risen and golden brown. Serve warm.

Use half wholemeal and half plain flour in baked goods for extra fibre and flavour - you may need to add more liquid.