

Good Enough 2 Eat

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Mixed Berry Muffins

You'll need:

- 1½ cup plain wholemeal flour
- 2 teaspoons baking powder
- 1/3 cup soft brown sugar
- 6 Weet-Bix, finely crushed
- 1 cup frozen raspberries
- 1 cup frozen blueberries
- 1 egg, lightly beaten
- 1 cup soy milk
- 3 tablespoons Canola Oil
- 1 teaspoon vanilla extract



Here's what to do:

1. Sift flour and baking powder into a bowl
2. Stir through sugar, crushed Weet-Bix and berries
3. Combine egg, soy milk, oil and vanilla in a jug
4. Add liquid ingredients to dry, stirring gently with a fork until just combined
5. Spoon mixture into lightly oiled muffin tins
6. Bake at 190°C for 20-30 minutes

These are great for snacks between meals.

