



**CHILDHOOD CANCER
AWARENESS MONTH ●**

“Mini fruit muffins ”



@MEL_Nutrition

Ingredients

- 125g wholemeal flour**
- 100g plain flour**
- 1 tbsp unrefined sugar**
- 1 tbsp baking powder**
- Pinch of salt**
- 30g dairy free spread**
- x2 large eggs**
- 300ml soya milk**
- 200g raspberries / blueberries**

Instructions

- 1. Preheat oven to 180°C (Gas mark 4/350°F). Line a muffin tin with silicone cups or paper cupcake cases.**
- 2. Add the flours, sugar, baking powder, salt and dairy free spread or butter to a food processor or blender and whizz to combine. Add the eggs and whizz again. Add gradually the soya milk and whizz until smooth and lump free**
- 3. Transfer the pancake mixture to a jug for easy pouring, then pour into the cupcake cases, filling each to about two thirds full. Top each muffin with some berries of your choice, pushing them down slightly into the mixture**
- 4. Bake for approx. 15 minutes until risen and golden. To check if they are done, pop a cocktail stick into the middle of one of the muffins and check it comes out clean**

Per Muffin: CARBS- 29g PRO- 8g FAT:6g= ENERGY FOR THE DAY!