

Breakfast Muffins



This recipe will make 10 - 12 delicious and nutritious muffins, which is the perfect breakfast on the go.

For a change you could use chopped dried apricots in place of sultanas and pistachios in place of pumpkin seeds.

Ingredients

250g (10oz) JUVELA Gluten Free Fibre Mix
2tsp baking powder
100g (4oz) of soft dark brown sugar
25g (1oz) pumpkin seeds, plus some extra to sprinkle on the top
50g (2oz) sultanas
100ml (4fl oz) sunflower oil
4 very ripe bananas, mashed
2 medium eggs, lightly beaten
2tbsp of milk

Set the oven temperature to 180oC/350oF/Gas Mark 4

Plus you will need a 12 hole muffin tin, lined with cases.

Method

1. In a large bowl combine the fibre mix, with the baking powder, sugar, pumpkin seeds and the sultanas.
2. Now add the oil, bananas, egg and milk and fold the ingredients together with a metal spoon.
3. Divide the mixture between the muffin cases, filling them to the top.
4. Then sprinkle a few muffin seeds on the top of each one.
5. Then place in the preheated oven and bake for 15 - 20 minutes, until golden.
6. Remove from the oven and allow to cool on a wire rack.