

Up and Go Breakfast Muffins

Recipe by Nagi Maehashi (Recipetin Eats)

Words from Nagi - No more dry, bland healthy muffins. These are healthy, but delicious! Just 1 1/4 tsp of oil and 2 tsp honey per muffin, lower fat than usual sweet-treat muffins, refined sugar free and contain extra dietary fibre.

Great for breakfast because it's not sweet like cake. But also morning tea – they are just sweet enough for me. 😊 Stays fresh for days.

Equipment • Measuring cups • Measuring spoons • Whisk • Mixing bowls • Muffin tray • Muffin liners • Chopping board • Knife • Peeler • Spoons • Microwave bowl	Ingredients: Wet Ingredients • 1/3 cup coconut oil • 1 egg • 2/3 cup milk • 1/3 cup Greek yogurt • 1/2 cup honey • 1/2 tsp vanilla extract Dry Ingredients • 1 1/4 cups wheat germ • 1 1/2 cups wholemeal flour • 1/4 tsp salt • 1 tsp cinnamon • 1 tsp baking powder • 1 tsp baking soda Add Ins – Choose One • 2 cups diced fresh fruit (<i>not watery</i>) – like <i>apples, pears</i> • 1 1/4 cups dried fruit, nuts, choc chips etc • 250g of raspberries,
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What to do:

1. Melt the coconut oil in a microwavable bowl. Then whisk in all the wet ingredients: egg, yogurt, milk, honey and vanilla.
2. Place all the dry ingredients in the same bowl as the wet ingredients. Stir until you no longer see flour, stop! Don't get too enthusiastic with mixing as it will make the muffins tough.
3. Fold through the apples or whatever add-ins you're using.
4. Place 12 muffin liners in a muffin tin. Divide the mixture between 12 holes.
5. Top with reserved raspberries, if using.
6. Bake for 25 minutes at 170°C or until golden brown on the surface. Cool then devour!