

## RECIPE

**Breakfast Muffins topped with NUTELLA®**

Medium

30 min

**INGREDIENTS****for 12 portions**

- 1 cup (500mL) all purpose flour
- $\frac{3}{4}$  cup (180mL) whole-wheat flour
- $\frac{1}{4}$  cup (60mL) quick cook oats
- 1 tsp (5mL) baking powder
- 1 tsp (5mL) baking soda
- $\frac{3}{4}$  cup (180mL) Low fat milk (2% or less M.F)
- $\frac{3}{4}$  cup (180mL) unsweetened applesauce
- $\frac{1}{4}$  cup (60mL) honey
- 1 egg
- 1 tsp (5mL) pure vanilla extract
- 1 cup (250mL) fresh or frozen raspberries



**To prepare this delicious recipe, 1 tsp of Nutella® per person is enough to enjoy!**

## STEPS

**1**

Pre-heat oven to 375°F (190°C).

**2**

Spray a 12 muffin, non-stick muffin tin with cooking spray.

**3**

In a large bowl, whisk together, flours, oats, baking powder and baking soda.

**4**

In another bowl, whisk together milk, applesauce, honey, egg and vanilla.

**5**

Add wet ingredients to dry ingredients and mix just to combine.

**6**

Fold in raspberries and spoon batter equally between the 12 muffins.