

Breakfast Muffins topped with NUTELLA®



INGREDIENTS for 12 portions



DIFF



PORT



INGR



MIN

- ✔ 1 cup (500mL) all purpose flour
- ✔ ¾ cup (180mL) whole-wheat flour
- ✔ ¼ cup (60mL) quick cook oats
- ✔ 1 tsp (5mL) baking powder
- ✔ 1 tsp (5mL) baking soda
- ✔ ¾ cup (180mL) Low fat milk (2% or less M.F)
- ✔ ¾ cup (180mL) unsweetened applesauce
- ✔ ¼ cup (60mL) honey
- ✔ 1 egg
- ✔ 1 tsp (5mL) pure vanilla extract
- ✔ 1 cup (250mL) fresh or frozen raspberries

STEP 1

Pre-heat oven to 375°F (190°C).

STEP 2

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

STEP 3

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

STEP 4

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

STEP 5

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

STEP 6

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