

## OAT & YOGURT MUFFINS



The oats and yogurt in these muffins give them a different texture and make them a great choice for breakfast or at any other time. We made ours with a mix of strawberries, raspberries and blueberries but try fresh cranberries for a festive twist or simply use raisins instead of fresh fruit – delicious any way!



**Skills Check:** Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons; use a jug to measure liquids; use weighing scales; crack and egg; beat an egg; use a sieve; divide mixture into tins; use an oven with adult supervision.

**Equipment:** Muffin trays, Muffin cases, large bowl, bowl weighing scales, sieve, measuring spoons, measuring jug, fork, spoon.

**Allergens\*:** Gluten | Milk | Eggs

### Ingredients (makes 12 muffins):

- 200g plain flour
- 1 ½ tsp baking powder
- 85g rolled oats
- 240 ml plain yogurt
- 1 tsp bicarbonate of soda
- 1 egg, lightly beaten
- 100g light soft brown sugar
- 110 ml semi-skimmed milk
- 90 ml vegetable oil
- 140g berries (If using frozen ones do not thaw; instead bake the muffins for an extra few minutes. Cranberries should be coarsely chopped)
- OR 85g raisins

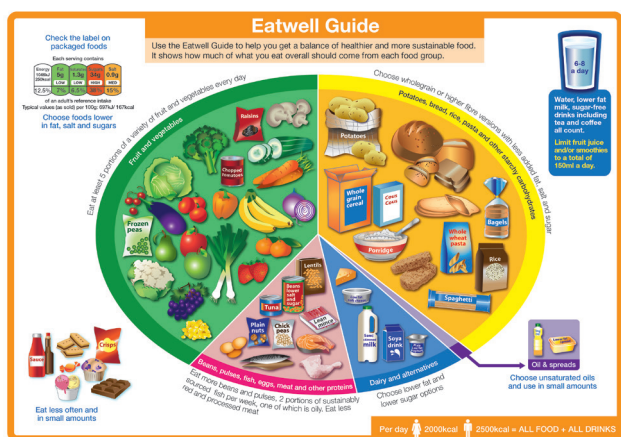
### Method

1. Preheat the oven to 190C /Gas Mark 5-6 and prepare the muffin tins with muffin cases.
2. In a large bowl, sift together the flour and baking powder. Set aside.
3. In a second bowl stir together the oats, yogurt and bicarbonate of soda and let this mixture stand for a minute. Then, add the beaten egg, sugar, milk and oil and carefully stir well.
4. Pour all of the wet mixture into the dry ingredients and stir well until just combined, adding the fruit during the final strokes. The batter will be lumpy but no dry flour should be visible. Be careful not to over-stir.
5. Divide equally into the cases.
6. Bake for 20-25 minutes until the tops are lightly browned and spring back when gently press.
7. Allow the muffins to rest for 15 minutes before eating.

*\*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.*

## OAT & YOGURT MUFFINS

### Nutrition Information



Source: Public Health England in consultation with the Food Commission, Food Standards Scotland and the Food Standards Agency Northern Ireland. © Crown Copyright 2016

The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### So, thinking about Oat & Yogurt Muffins...

**Yogurt** is an excellent source of calcium, and a good source of Vitamin D for strong teeth and bones.

**Fruit** is generally low in fat and calories and high in fibre. Fruit offers an array of important vitamins and minerals, and also contains phytochemicals which help protect our bodies.

**Cakes** tend to be high in fat and sugar, although some types are worse than others. The Eatwell Guide says that if you are consuming food and drinks high in fat, salt and sugar we should have these less often and in small amounts.



### Energy, sugar, fat and salt per serving

Per 75g serving

<b>ENERGY</b>	917kJ / 219kcal	11%
<b>FAT</b>	9.5g	14%
<b>SATURATES</b>	1.3g	7%
<b>SUGARS</b>	11.0g	12%
<b>SALT</b>	0.45g	8%

% of an adult's reference intake

Typical values per 100g : Energy 1222kJ / 292kcal

### Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.