

# Fruit Mini Muffins

Packed full of flavour and healthy ingredients, this snack is nutritious and delicious. Any seasonal fruit can be used to adapt this recipe, making it a versatile and healthy afternoon tea for the children.



Serves 5 children



25 minutes

## INGREDIENTS

Makes 48 mini muffins

Banana, mashed 200g (2 large)

Egg, beaten 60g (1 egg)

Yoghurt, natural 270g (1 C)

Vanilla essence 4ml (  $\frac{1}{2}$  t)

Milk, HILO 220ml (1 C)

Flour, wholemeal, self-raising 110g  
(  $\frac{3}{4}$  C)

Flour, self-raising 240g (1  $\frac{1}{2}$  C)

Baking powder 2g (  $\frac{1}{4}$  t)

Oats, rolled 100g (1 C)

Blueberries, frozen 60g (  $\frac{1}{4}$  C)

Apple, grated 136g (1 medium)

## DIRECTIONS

1. Preheat oven to 180°C, grease mini muffin tray.
2. In a large bowl add mashed banana, beaten egg, yoghurt, vanilla essence and milk.
3. In a separate bowl combine dry ingredients- flours, baking powder and rolled oats.
4. Fold dry ingredients into mashed banana mixture- do not over mix.
5. Carefully fold in blueberries and apple.
6. Spoon approximately 2t into each muffin well, and place into preheated oven. Bake for 20-25 minutes.

# Allergy Information

Contains: egg, cow's milk protein, wheat

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## Childcare RDI Calculator:

Fat		0 %
Vegetables		0 %
Meat/Alt*	<div></div>	10 %
Cereals	<div></div>	30 %
Dairy	<div></div>	10 %
Fruit	<div></div>	10 %

\* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

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This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services