

# Apple & Blueberry Wholemeal Muffins

## Ingredients

- 2 large eggs
- 1/2 cup vegetable oil
- 1/2 cup apple puree
- 1 2/3 cup wholemeal self-raising flour
- 1/2 cup milk
- 1/2 cup sugar
- ~1 cup frozen blueberries

## Method

1. Preheat oven to 190 degrees Celsius. Line muffin trays with cases or grease.
2. In a mixing bowl, combine the oil, eggs and milk. whisk in the apple puree.
3. In another bowl, combine the flour and sugar. Add the wet ingredients and mix gently
4. Fold in the blueberries. Spoon into prepared cases.
5. Bake for 20-30 minutes. Cool in tin/s for 10 minutes before turning out onto a wire cooling rack.