

Recipes from the Millers

Ian's Healthy Muffins

Ingredients

- butter, coconut oil or cooking oil spray, for greasing
- 250g/9oz wholemeal flour
- 1 tsp baking powder
- ½ tsp bicarbonate of soda
- ½ tsp fine sea salt
- 1 tsp ground cinnamon
- 100ml/3½fl oz vegetable oil
- 125ml/4fl oz honey or maple syrup
- 2 free-range eggs, preferably at room temperature
- 140g/5oz Greek-style yoghurt
- 2 tsp vanilla extract
- 125g/4½oz fresh or frozen blueberries
- 1 tsp plain flour
- 1 tbsp granulated sugar, for sprinkling (optional)



Method

- Preheat the oven to 220C/200C Fan/Gas 7. If you have a non-stick 12-hole muffin tin it may not need greasing or lining with paper cases; otherwise, grease all 12 holes of your muffin tin with butter, coconut oil or cooking oil spray, or line with paper muffin cases.
- In a large mixing bowl, mix the wholemeal flour with the baking powder, bicarbonate of soda, salt and cinnamon.
- In a medium mixing bowl, whisk together the oil and honey or maple syrup. Add the eggs and beat well, then add the yoghurt and vanilla and mix well. Pour the wet ingredients into the dry and mix well using a large wooden spoon.
- Put the blueberries in a small bowl and mix with the plain flour (this prevents them from sinking to the bottom of the muffins). Gently fold the blueberries into the mixture, which should be quite thick.
- Divide the mixture between the 12 muffin cups. Sprinkle the tops of the muffins with sugar, if using. Bake for 15–20 minutes, until the muffins are golden on top. Transfer to a wire rack to cool.