

# Chocolate mini muffins

Traffic light category: **Amber**

Serves: 18 muffins

## Ingredients

- » 2 ½ cups self raising flour, sifted
- » ½ cup natural bran
- » ¾ cup raw sugar
- » 4 tablespoons cocoa, sifted
- » 2 eggs
- » ½ cup polyunsaturated oil (e.g. canola)
- » 1 cup reduced fat milk
- » 1 cup reduced fat natural yoghurt

## Method

1. Combine flour, bran, sugar and cocoa in a large mixing bowl
2. In a separate bowl, combine eggs, oil, milk and yoghurt
3. Add the egg mixture to the dry ingredients
4. Mix gently until all ingredients combined
5. Spoon mixture into a non-stick mini muffin pan (may be lined with paper cases)
6. Bake in a moderate 180° oven for 20-25 minutes
7. Cool slightly on rack before serving, store in an air tight container.

## Variations

Variations: for some added zest and flavour, try adding 2 mashed bananas or ½-1 cup of fresh cherries or frozen raspberries. Do not over-mix muffins or they will become tough and dry.

### Nutrition information panel

Nutrient	Per serve	Per 100g
Weight	54g	100g
Energy	617kJ	1141kJ
Protein	3.6g	6.7g
Total fat	6g	11g
Saturated fat	1g	2g
Carbohydrate	19g	35g
Sugars	8g	14.8g
Dietary fibre	1.5g	2.7g
Sodium	124mg	228mg

