



Orange and Poppyseed Muffins

Published, 2023

Recipe courtesy of Sanitarium Health and Wellbeing

Tip: Batter will be thin when mixed, but will thicken as the Weet-Bix absorbs the liquid – don't be tempted to add any additional flour or you'll end up with tough muffins!

Traffic light category: **Amber** Serves: 24 (34g)

Ingredients

- 4 Weet-Bix™, finely crushed
- 1¼ cups wholemeal self raising flour
- 1 tablespoon poppy seeds
- Zest from 1 orange
- 1 cup orange juice
- 2 eggs
- ½ cup honey
- ¼ cup extra virgin olive oil

Method

1. Preheat oven to 180°C. Lightly coat a 24-hole muffin tin with cooking oil spray, or line with paper
2. Combine Weet-Bix, flour, poppy seeds and orange zest in a large bowl and stir well
3. In a jug, whisk together juice, eggs, honey and oil. Add juice mixture to bowl with dry ingredients and stir to just combine
4. Divide batter into prepared tin. Bake 12 minutes or until muffin tops are golden and spring back when pressed, or when a toothpick inserted into the centre comes out clean
5. Cool muffins in tin for five minutes, then turn out onto a rack to cool completely.



 wasca@education.wa.edu.au

 08 9264 4999

 waschoolcanteens.org.au

