



## Delicious and Healthy Apple and Oatmeal Muffins

This delicious muffin makes a quick healthy breakfast on the run or to pack into a lunch box for a nutritious snack. Apples and rolled oats are full of a fiber that will fill you up, making you less likely to go hunting around for high fat snacks mid morning.

- 1 cup rolled oats
- 1 1/2 cups apple juice
- 3 tablespoons linseeds
- 60 ml macadamia nut oil
- 2 tablespoons honey
- 6 egg whites or 3 whole eggs
- 1 1/2 cups organic whole-meal flour
- 3 teaspoons baking powder
- 1 tsp cinnamon
- 2 apples, cored and diced
- 1 cup sliced dried figs or sultanas
- Flaked almonds to garnish (optional)

**Preheat** your oven to 180C

**Combine** the oats, linseeds and apple juice then allow to sit overnight or for at least an hour.

**Add** the oil, eggs and honey.

**Fold** in the flour, cinnamon and baking powder followed by the apples and sliced figs.

**Spoon** into muffin tins and sprinkle with the flaked almonds if using.

**Bake** for 25 - 30 minutes or until the muffins are cooked through.

**Remove** from the oven and allow the muffins to cool a little before eating.

**Enjoy.**

### Healthy tip:

When baking - replace white refined flour with healthier flours like wholemeal, buckwheat, brown rice, rye and oat. You can also substitute butter in the recipe for a healthier vegetable or nut oil like olive, grape-seed or macadamia.



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