

# *Symply* **TOO GOOD TO BE TRUE**

## **BEST EVER MUFFINS**

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**MAKES: 12**

cooking spray

2 egg whites

¼ cup brown sugar (loosely packed)

½ teaspoon bicarb soda

½ cup apple sauce (in jar)

½ cup carrot grated

¼ cup sultanas

¼ cup currants

1 small apple peeled and diced

¼ cup rolled oats

½ cup low-fat natural yoghurt

1 cup self-raising wholemeal flour

1 cup self-raising flour



Preheat oven 200°C fan forced.

Coat a 12 cup muffin tin with cooking spray. In a large size mixing bowl beat egg whites and sugar for 1 minute using an electric beater. Stir bicarb soda into apple sauce (it will froth) then add to bowl. Add carrot, sultanas, currants, apple, oats and yoghurt mixing ingredients together well. Gently fold flours into mixture in one go, treat as a sponge, **DO NOT BEAT** as this will make the muffins tough (mixture can look a little lumpy). Spoon mixture into prepared muffin pan, dividing equally into 12 cups. Bake 15-20 minutes or until firm to touch in centre. Allow muffins to sit 5 minutes in tin before turning onto a wire rack to cool.

### **Nutritional Information**

#### **PER MUFFIN**

<b>FAT</b>	<b>TOTAL</b>	<b>0.7g</b>
	<b>SATURATED</b>	<b>0.1g</b>
<b>FIBRE</b>		<b>3.1g</b>
<b>PROTEIN</b>		<b>4.6g</b>
<b>CARBS</b>		<b>33.8g</b>
<b>SUGAR</b>		<b>17.4g</b>
<b>SODIUM</b>		<b>214mg</b>
<b>KILOJOULES</b>	<b>668 (cals 159)</b>	
<b>GI RATING</b>	<b>Medium</b>	