

Quinoa, Carrot and Apple Muffins

Makes ~ 12 muffins

Preparation (15 mins) + cooking time (25 mins)

Total time: 40 min

Ingredients:

- 1 ½ cups cooked, cooled quinoa (~ ¾ cup uncooked)
- 2 cups self-raising flour
- 1 cup apple puree (or any fruit puree, homemade or canned)
- 2 tsp ground cinnamon
- 1 tsp ground (or fresh) ginger
- 1 ½ tsp baking powder
- ¾ tsp salt
- 1 large egg
- ½ cup low fat milk
- ¼ cup yoghurt
- 3 tbsp canola or olive oil
- 1 tsp vanilla essence
- 1 cup freshly grated carrot (or zucchini)
- 1 cup grated or finely sliced apple (or pear, banana, berries or other fruit)



Mix ins (optional):

- ½ cup chopped walnuts, almonds or other nuts/seeds
- ½ cup dried fruit, cranberries, dates or dried apricots

Method:

1. Cook quinoa before beginning (Aim for the quinoa grains to be tender but still easy to separate, rather than mushy/clumped together). Cool in fridge for 1-2 hours or overnight.
2. Preheat oven to 180°C. Coat muffin tray with spray oil.
3. In a large bowl, mix together quinoa, flour, fruit puree, cinnamon, ginger, baking powder, and salt.
4. In a separate bowl, whisk the egg, milk, yoghurt, oil and vanilla.
Add wet ingredients to dry ingredients and mix together by hand. Add in grated veggies, fruit and any mix ins.
Bake in oven for 20-25 mins, until lightly brown on top.
Cool on a wire rack for 5-10 mins. Enjoy warm or cool, plain or with a dollop of yoghurt on top.