

Strawberry & vanilla muffins



DYNAMIX
HEALTH & FITNESS

100g self raising flour (use gluten free if preferred)
80g oats (use gluten free if preferred)
plus 2 tablespoons oats for sprinkling on top
10g chia seeds
½ tsp sea salt
30ml olive oil
40g maple syrup or honey
2 eggs
170g Greek yoghurt (use dairy free if preferred)
2 tsps vanilla extract
200g strawberries, hulled and diced into small pieces around 1cm thickness

MAKES 8 MUFFINS



PER MUFFIN:
187 Calories
25g Carbs
6g Protein
7g Fat



Preheat oven to 170°C/350°F. Line 8 compartments of a muffin tin with paper cases or prepare a silicon muffin tin.

In a large bowl, combine the flour, 80g oats, chia seeds and salt.

In a separate large bowl, combine the oil, maple syrup and eggs. Beat together with an electric hand mixer. Add the yoghurt and vanilla extract and stir well.

Pour the wet mixture into the dry mixture and mix gently with a spatula.

Gently fold the strawberries into the batter. Taste the mixture and add more maple syrup if required.

Divide the batter evenly between the 8 muffin compartments. Sprinkle the extra oats over the muffins.

Bake for 20-25 minutes, or until golden and a toothpick inserted into a muffin comes out clean. Allow to cool in the tin.

Store any leftovers in an airtight container and refrigerate for up to 4 days or freeze on same day.