



Raspberry Muffins

Basic Recipe

ingredients

- 2 cups wholemeal flour
- 1 1/2 cup chocolate chips
- 1 cup low fat milk
- 2 eggs
- 1/4 cup vegetable oil or olive oil
- 1/4 cup honey
- 1 tsp vanilla essence
- 1 cup frozen raspberries

method

1. Pre-heat the oven to 180C fan forced.
2. Lightly grease 2 x 12 hole mini muffin pans
3. In a bowl sift the flour and combine with the chocolate chips
4. In another bowl whisk eggs and combine with milk, olive oil, honey and vanilla
5. Make a well in the flour mix and add all the liquids, stir until just combined
6. Add in the raspberries and mix lightly
7. Divide the batter between the mini muffin tins and bake for 10-12 mins or until a skewer comes out clean.
8. Stand muffins in the pan for 5 mins, turn onto a wire rack to cool completely. Serve warm or cold.

These are a great snack or for the lunchbox

Makes 24 muffins

Recipe adapted from multiple recipes