

fuss free flavours

tasty stuff without the fuss



Recipe: Nutty Granola Muffins

Makes 6

“Dry” Ingredients

4 ½ oz plain flour
1 ½ oz sugar
4oz Nutty Granola - I used Jordans
1tsp baking powder
pinch salt

“Wet” Ingredients

4oz milk (soy or dairy)
2oz sunflower oil
1 tsp honey
Dash vanilla essence

Some more granola

Method

Whisk the oil, milk and honey mixture with a fork. Mix the dry ingredients. Add the wet ingredients to the dry and fold together (the batter should be lumpy and mixing should take no more than 15 folds). Dollop the mixture into your usual muffin pan, sprinkle each muffin with a little more granola. Bake at GM5/190C/375F for 20 – 25 mins until risen.

