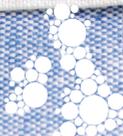




FEAST YOUR EYES
RECIPE CARD



**NATIONAL EYE
HEALTH WEEK**
MONDAY - SEPTEMBER 11 - SEPTEMBER 17, 2017
YOUR VISION MATTERS

BLUEBERRY MUFFINS

Blueberries are filled with eye-friendly nutrients so why not make a batch of these classic blueberry muffins to have as a fruity afternoon treat.

Makes 12

Prep 10 minutes

Cook 20 minutes

INGREDIENTS

- 180g self-raising flour
- 190g wholemeal self-raising flour
- 90g caster sugar
- 185ml skimmed milk
- 125g low fat natural yogurt
- 3tbsp low fat spread, melted
- 2tbsp lemon juice
- 1 egg, beaten
- 125g blueberries
- Icing sugar, to dust

METHOD

- 1 Preheat the oven to 190°C/fan 170°C/gas 5. Line a 12-hole muffin pan with paper cases.
- 2 In a large mixing bowl, combine the flours and sugar, then make a well in the middle of the mixture.
- 3 In a separate mixing bowl or jug, whisk together the milk, yogurt, melted spread, lemon juice and egg.
- 4 Pour the wet mixture into the well of the flour mixture, then add the blueberries and gently stir until everything is just combined.
- 5 Spoon the mixture into the cases, then bake for 20 minutes or until a skewer pushed into the middle of the muffins comes out clean.
6. Transfer to a wire rack to cool, then dust with a little icing sugar.

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