

APPLE OR FEIJOA DIABETIC MUFFINS

INGREDIENTS:-

- Cooking spray
- Egg Whites 2
- Brown sugar (loosely packed) ¼ cup
- Bicarb soda ½ tsp
- Apple Sauce (or use Feijoa –put in food processor) ½ cup
- Carrot grated ½ cup
- Sultanas ¼ cup
- Currants ¼ cup
- Small apple peeled & diced 1
- Rolled oats ¼ cup
- Natural yoghurt low fat ½ cup
- Wholemeal self raising flour 1 cup
- Flour self raising 1 cup

METHOD:-

- Preheat oven 200 C fan forced
- Coat a 12 cup muffin tin with cooking spray
- In a large mixing bowl beat egg white & sugar for one minute using an electric beater
- Stir in bicarb soda into apple sauce or feijoa (it will froth), then add to bowl
- Add carrot, sultanas, currants, apple, oats & yoghurt mixing ingredients together well
- Gently fold flours into mixture in one go & treat as a sponge, do not beat as this will make the muffins tough (mixture can look a little lumpy)
- Spoon mixture into prepared muffin pans
- Bake 15-20 mins or until firm to touch in centre
- Allow muffins to sit for 5 mins in tin before turning onto a wire rack to cool
- Makes 12