



BANANA, CARROT & YOGHURT MUFFINS

Ingredients (MAKES 12)

- 2 eggs
- 2 medium bananas, mashed
- 2 medium carrots, peeled and grated
- ¼ cup maple syrup
- ¾ cup plain Greek yoghurt
- ¼ cup extra virgin olive oil
- 1 teaspoon vanilla essence
- 1 1/3 cups wholemeal self-raising flour
- ½ cup rolled oats
- ½ teaspoon cinnamon

Instructions

1. Preheat the oven to 180 degrees. Grease a muffin tin.
2. Whisk the eggs in a large bowl. Then add the mashed banana, grated carrot, maple syrup, yoghurt, oil, and vanilla. Stir to combine.
3. Fold in the flour, oats and cinnamon and mix until just combined. Spoon batter into the muffin tin and sprinkle the top with oats.
4. Bake for 20–25 minutes or until golden. Allow to cool in the tin for 5 minutes, then place on a wire rack to finish cooling.



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