



Niki's Berry Delicious Muffin Recipe

Makes 12 Prep 15 mins Cooking Time 25 mins

Ingredients

225g (8oz) wholemeal plain flour
1 tsp bicarbonate of soda
1 tsp mixed spice
115g (4oz) raw caster sugar
3 egg whites
3 tbs unsalted butter (softened)
150ml (5 fl oz) plain low fat yoghurt
1 tsp vanilla extract
250g (8.8oz) mixed frozen berries
100g (3.5oz) mixed frozen berries

Method

Preheat oven to 190°C (375°F or Gas Mark 4). Either line a 12-cup muffin-tin with muffin paper cases or place 12 silicone muffin-cases on a non-stick baking tray. You do not need to grease the cases. Now sift the wholemeal flour, bicarb soda and mixed spice into a bowl. At this point either add all the sugar or add most and leave a little to sprinkle over the muffins prior to baking. Next whisk the egg whites in another bowl, add yoghurt, vanilla extract, softened butter, and combine well. The 250g of frozen berries are now stirred through the egg white mixture and added to our dry ingredients stirring until just combined. The muffin mixture can now be divided evenly into the muffin cases and the extra berries can be used to top the muffins. Sprinkle on any remaining sugar or mixed spice and bake the muffins for approximately 25 minutes. You will know they are cooked when you gently press on the muffin with a finger and it springs back up.

Tips

You can use fresh berries instead of frozen berries if you wish or just use one type of berry instead of the mixed berries. Frozen berries are great as they are not affected by pricing as much as fresh berries, especially when they are not in season. You can also add some protein powder to this recipe if you are bodybuilding.

Nutritional Note

Berries not only look beautiful, they are low in calories, fat and carbohydrates. They are rich in antioxidants as well as vitamins, minerals and fiber. Berries should be enjoyed as part of a balanced and healthy diet, so next time your making a protein shake, smoothie or a a yummy salad add some berries and enjoy.