

Apple + Oat Muffins



Oliver + Tom

SHARING + LUNCH BOX RECIPE



Hello Snack Lover

Some mornings we simply run out of time. You know the ones we're talking about – those before school activities which involve the alarm being set way earlier than we'd like it to be. Sometimes we just don't manage to fit in breakfast before the mad rush out the door. Cue these apple and oat muffins! A healthy and ridiculously yummy way to fill little bellies and inject some fuel to set them up well for the day ahead. An equally delicious lunchbox snack which will be gobbled up appley at any time of day.



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MAKES 12 MUFFINS

Ingredients

220g (1 + 3/4 cup) white spelt flour
1 + 1/2 tsp baking powder
1/2 tsp baking soda
1 tsp cinnamon
1 tsp ground vanilla
1/2 tsp salt
45g (1/2 cup) oats
100g (1 cup) apple, cut into little pieces
100g (1 cup) apple, grated
equates to half an apple
125ml (1/2 cup) Greek-style natural yogurt
80ml (1/3 cup) coconut oil, melted
125ml (1/2 cup) maple syrup
125ml (1/2 cup) apple sauce
3 eggs



Method

1. Preheat oven to 200 C and line a muffin tray with muffin cases.
2. Add all dry ingredients to a medium sized mixing bowl and stir to combine.
3. Add apple pieces and grated apple and stir to ensure apple is well coated with flour mixture.
4. In a separate mixing bowl, combine yogurt, coconut oil, maple syrup, apple sauce, and eggs with a whisk.
5. Pour wet mixture into the dry ingredients and stir until just combined.
6. Spoon batter evenly into the muffin cases and bake for 12-15 minutes or until golden and a skewer inserted into a muffin centre comes out clean.
7. Remove from oven and allow to cool on cooling rack.
8. Store in an airtight container for up to 3 days. Freeze for up to 3 months.

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