



www.asfm.org.au

Sandy Grove Muntries Muffins

Makes 6 jumbo or 8 medium muffins

Susie Chant
Sole Food

Ingredients

220g self raising flour
 $\frac{3}{4}$ cup brown sugar
1 tsp cinnamon
1 egg
 $\frac{3}{4}$ cup skim milk
 $\frac{1}{2}$ cup canola oil
1 teaspoon vanilla extract
150g muntries

Method

Heat oven to 180°C.
Place liners in muffin tin.
Mix all dry ingredients together and make a well in centre.
Mix all wet ingredients together in separate bowl and pour into well. Do not over mix.
Lastly add muntries, then place mixture in lined muffin tins.
Bake 15–20 minutes.