



Bake breakfast muffins

Give yourself a burst of energy in the morning with a super snack.

What you need

- 2 eggs
- 3 tbsp full-fat **yoghurt**
- 2 tbsp coconut oil
- 3 tbsp honey
- 1 tsp vanilla extract
- 1 tbsp baking powder
- 135g quick **oats**
- 75g blueberries

- Bowl
- Wooden spoon
- Muffin tray
- 6 muffin cases

Instructions

- 1** Preheat your oven to 180°C/gas mark 4. In a bowl, mix together the eggs, yoghurt, honey, melted coconut oil and vanilla extract.
- 2** Slowly, fold in the baking powder. Now add the oats. Stir until the mixture is fully combined.
- 3** Carefully fold in the blueberries. Don't over-mix – you don't want the berries to burst.
- 4** Line your muffin tray with the muffin cases and share the mixture out between the six cases.
- 5** Pop in the oven for 20-30 minutes. Test with a toothpick – if it comes out clean, the muffins are ready. Allow to cool before eating.

Allergy warning! Ingredients in **bold** are allergens (substances that cause allergic reactions). Learn more at tinyurl.com/SN-allergy



How does it work?

Oats are one of the healthiest grains there is. They are a great source of vitamins, minerals, fibre and antioxidants (natural substances that prevent damage to your body's cells). They also release energy slowly. This means that an oaty breakfast can keep you going until lunchtime. Yoghurt boosts calcium (a mineral that is good for bone health), while blueberries provide further antioxidants. These muffins are a great way to start your day.

ALAMY