

PEACH AND WEET-BIX MUFFINS

HEALTHY



Makes 12



Prep Time 15 minutes



Cook Time 20 minutes



INGREDIENTS

- 410 g can **Wattie's Peaches Sliced in Clear Fruit juice**
- 8 Sanitarium Weet-Bix biscuits, crushed
- 1 cup wholemeal flour
- 1 cup flour
- ½ cup brown sugar

METHOD

1. Preheat oven to 190°C. Drain **Wattie's Peaches Sliced in Clear Fruit Juice**, reserve the juice. Chop peaches.
2. Place the crushed Sanitarium Weet-Bix, biscuits, wholemeal flour, flour, brown

- 3 tsp baking powder
- 1 tsp cinnamon
- $\frac{3}{4}$ cup lite milk
- 2 eggs
- 1 tsp baking soda
- 50 g butter, melted

sugar, baking powder and cinnamon into a mixing bowl. Stir ingredients together and add the chopped peaches.

3. Pour the milk and reserved fruit juice into a bowl. Add the eggs and baking soda. Whisk to mix.
4. Pour the egg mix into the dry ingredients. Add the melted butter. Mix together, being careful not to over-mix or the muffins will be tough.
5. Spoon the mixture into greased muffin tins. Bake for 18-20 minutes, until muffins are golden and spring back at a touch. Allow to cool for 5 minutes before turning onto a cooling rack.

TIPS

Grease muffin tins with a light spray of vegetable oil rather than butter.