

# Strawberry Yoghurt Muffins

**Makes:** 36 mini muffins

**Prep:** 20 mins

**Cook:** 15 mins



**Dietary:** NF, VEG

**Allergens:** Wheat, Dairy, Eggs

**Age group:** 12 months+

# Strawberry Yoghurt Muffins

## Ingredients

- 1 ¾ cups (270g) wholemeal flour
- ½ cup (40g) rolled oats, plus 2 tbsp for topping
- 1 tsp (4g) baking powder
- ½ tsp (2g) baking soda
- ⅓ cup extra-virgin olive oil or melted coconut oil
- ⅓ cup (80ml) maple syrup
- 2 eggs
- 1 cup (260g) Greek yoghurt
- 2 tsp (10ml) vanilla extract
- 2 cups (280g) ripe strawberries, rinsed, hulled and diced

**Storing Leftovers:** Store in an airtight container in the fridge for up to 4 days or freeze for up to 4 months.

## Method

1. Preheat your oven to 180°C. Line a mini muffin tray with paper cases or grease lightly with oil.
2. In a large mixing bowl, whisk together the flour, oats, baking powder and baking soda.
3. In a separate bowl, whisk the olive oil, maple syrup, eggs, yoghurt, and vanilla extract until smooth and creamy.
4. Add the wet ingredients to the dry and mix gently until just combined. Avoid overmixing to keep the muffins tender.
5. Fold in the diced strawberries using a spatula.
6. Divide the batter evenly among the muffin cups. Sprinkle the tops with the remaining oats.
7. Bake for 15 mins, or until the tops are golden and a toothpick inserted comes out clean.
8. Cool in the tray for 5 mins, then transfer to a wire rack.

---

## Tips

- ✓ **Prep tips:** Alternatively, place all ingredients (except for the strawberries) into a high-speed food processor and process until combined. Gently fold through strawberries. To save time, bake the batter as a slice instead of muffins.
- ✓ **Allergies:** For a dairy-free version: Swap natural yoghurt with a calcium fortified dairy-free alternative such as soy, oat or coconut yoghurt. For a gluten-free version: Swap wholemeal flour with a gluten-free flour blend and swap oats with quinoa flakes. For an egg-free version: Swap egg for a store-bought egg replacer or use a flax egg (1 egg = 1 tbsp flaxseed meal + 3 tbsp water) or chia egg (1 egg = 1 tbsp chia seed meal + 3 tbsp water).
- ✓ **Cooking with Champs:** Children can wash berries, measure out and add ingredients to the mixing bowl and take turns stirring.