

Breakfast Muffins

2 large eggs
150ml natural low fat yogurt
50ml oil
100g apple sauce (pureed apples, find with the baby food - I used a mixed fruit one)
1 banana (ripe, mashed)
4 tbsp clear honey
1 tsp vanilla extract
200g wholemeal flour
50g rolled oats (plus extra for sprinkling)
1 1/2 tsp baking powder
1 1/2 tsp bicarbonate of soda
1 1/2 tsp cinnamon
100g blueberries
2 tbsp seeds (I used sunflower seeds, pumpkin seeds and pine nuts, then added Goji berries and cranberries after baking)

Heat oven to 180C/160C fan/350F/gas 4. Line a 12-hole muffin tin with 12 large muffin cases. In a jug, mix the eggs, yogurt, oil, apple sauce, banana, honey and vanilla. Tip the remaining ingredients, except the seeds, into a large bowl, add a pinch of salt and mix to combine.

Pour the wet ingredients into the dry and mix briefly until you have a smooth batter – don't overmix as this will make the muffins heavy. Divide the batter between the cases. Sprinkle the muffins with the extra oats and the seeds. Bake for 25-30 mins until golden and well risen, and a skewer inserted into the centre of a muffin comes out clean. Remove from the oven, transfer to a wire rack and leave to cool. Can be stored in a sealed container for up to 3 days.