Savoury carrot and courgette muffins

125g spread – melted and cooled

2 tbsp skimmed milk

2 large eggs

100g grated carrots

100g grated courgette

100g wholemeal self raising flour

1 tsp baking powder

1 tsp Mixed dried herbs

75g porridge oats

1. Oven 180c – line the muffin tin with 12 cases
2. Mix together the cooled spread, milk and eggs. Stir in grated carrot and courgette. Do not over mix.
3. In another bowl combine flour, baking powder, dried herbs and oats.
4. Stir the wet ingredients into the dry ingredients. Do not over mix. Spoon into muffin cases. Bake for 25 – 30 mins until firm and golden.

Apple and banana muffins

2 apples peeled and grated

150g butter

2 medium ripe bananas

1 ½ cups of wholemeal self raising flour

2 eggs

2 tsp baking powder

1. Preheat the oven to 180c. Line a muffin tray.
2. Put the apple and butter in a saucepan and cook for 5 mins until soft.
3. Peel and mash bananas with the back of a fork.
4. Mix all the ingredients together in a bowl.
5. Spoon mixture into cases and cook for 20 mins.