



Mighty Muffins

NIBBLEDISH CONTRIBUTOR

Ingredients

4 eggs
3-4 shredded carrots
1 ts vanilla essence
1 cup (soy) yogurt
1 cup oat bran
2 cups rolled oats
2 ts bicarbonate of soda
2 tbs oil (I prefer rape seed/canola)
1 handful of raisins

Instructions

My sister gave me this recipe when I went off gluten. She had used it while on a diet. I make large muffins and eat one for breakfast. They're easy, healthy, tasty and can be varied in unnumerable ways.

Mix all the ingredients and bake for ca 20 min at 180C/350F. Makes 8-10 large muffins.

Variations:

In stead of carrots, use

- spinach and feta
- apples and cinnamon
- pears and ginger

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- zucchini and peccorino
 - bananas and chocolate (requires less yogurt)

You might also want to add a handful of chopped nuts to make even more of a meal of it.