



Sugar and Butter Free Breakfast Muffins

NIBBLEDISH CONTRIBUTOR

Ingredients

Makes 12:

- 150g mini wheats or other grain cereal
- 450ml boiling water
- 175g plain flour
- 100ml grapeseed oil
- 6 tbsp dried mixed fruit
- 4 tbsp honey
- 1 tbsp baking powder
- 1 egg
- Bit of salt

Instructions

1. Break the cereal into small pieces. Pour over the boiling water and leave for about 20 minutes.
2. Meanwhile, beat the egg with the honey, oil and salt into a large mixing bowl.
3. Sift in the flour and baking powder. Carefully mix in the cereal and mixed fruit.
4. Divide the mixture into a muffin tray. Bake at 200 degrees C for about 20 minutes.