

Feel Good Muffins

INGREDIENTS

- 87g self-raising flour
- 25g porridge oats
- 70g light muscovado sugar
- 1 tsp ground cinnamon
- ¼ tsp bicarbonate of soda
- ½ egg, beaten
- 75ml buttermilk
- ½ tsp vanilla extract
- 3 tbsp sunflower oil
- 87g stoned prune, chopped
(divided by 2)

METHOD

- Preheat the oven to 200C/gas 6/fan 180C.
- Line muffin tins with muffin cases.
- Put the flour, oats, sugar, cinnamon and bicarbonate of soda in a large bowl, then rub everything together
- Beat the egg, then stir in the buttermilk, vanilla and oil.
- Lightly stir the egg mix into the flour.
- Fold the prunes and nuts into the mixture.
- Divide between the tins, filling the cases to the brim, then bake for 20-25 minutes until risen and golden.