

- RECIPES -

From the *Australian Healthy Cooking Guide*
www.milhamdietitians.com

Oat Bran Fruit and Nut Muffins

Makes 12

INGREDIENTS

2¼ cups oat bran (300g)
1 teaspoon baking powder
¼ cup Splenda
2 egg whites
1¼ cups skim milk
1 tablespoon canola oil
¼ cup mixed nuts (30g), chopped
¼ cup mixed dried fruit (50g)

DIRECTIONS

1. Preheat oven to 200°C. Lightly grease 12 x ½ cup capacity muffin holes with cooking spray.
2. Put the oat bran, baking powder and Splenda into a bowl and mix to combine. Make a well in the centre.
3. Whisk together the egg whites, milk and canola oil. Add the dry ingredients and mix until just combined.
4. Gently fold through the nuts and dried fruits.
5. Spoon the mixture into the prepared muffin tin and bake for 20 minutes or until the muffins begin to come away from the side of the pan.

PER SERVE

KJ (cal) 614 (147)
Fat 4.7g
Saturated Fat 0.7g
Carbohydrate 17.4g
Protein 6.5g
Sodium 78mg
Fibre 4.5g

chooz to looz Program

1 serve = 2 bread exchanges,
or 1 bread and 1 fruit exchange



The Australian Healthy Shopping Guide and the Australian Healthy Cooking Guide are available at our online store www.milhamdietitians.com and all good bookshops Australia wide

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