



QUICK AND EASY BREAKFAST MUFFINS

MAKES: 33 – 36 MUFFINS

Indulge in the perfect breakfast companion – a wholesome breakfast muffin bursting with flavor, warmth, and the promise of a great day ahead.

Ingredients

- 1 kg Snowflake Easy Mix bran muffin mix
- 5 ml of mixed spice (or 5 ml of cinnamon)
- 6 eggs
- 100 ml of oil
- 600 ml milk
- 4 large apples (depitted and grated)
- 1 large banana (mashed)
- 4 large carrots (grated) – about 2 cups of grated carrots
- Sunflower or pumpkin seeds or oats for topping (optional)

Directions

1. Mix eggs, milk, and oil.
2. Add muffin mix and spices. Mix well, but don't overmix.
3. Mix all the ingredients together.
4. Scoop the dough into muffin pans. (about 33–36 muffins) Sprinkle oats or seeds on top of the muffins.
5. Bake for 18 minutes at 180°C.
6. Let it cool down completely before taking it out of the muffin pans.
7. Enjoy it just as it is or with peanut butter.

