Muffins - oat bran and apple

Preparation time: 25 minutes
Cooking time: 35 minutes

Ingredients:
1 cup oat bran cereal
1/2 cup dried fruit medley
1/3 cup brown sugar, firmly packed
1/4 cup canola oil
3/4 cup wholemeal self-raising flour
3/4 cup white self-raising flour
1 egg, lightly beaten
2 medium apples, grated
1 teaspoon cinnamon
1 cup skim milk
Canola or olive oil spray

Method:
1. Preheat oven to 180°C.
2. Spray muffin tins lightly with oil spray.
3. Combine cereal, dried fruit and milk in a bowl; stand for 15 minutes.
4. Combine sugar, oil, egg, apples and cinnamon in separate bowl, stir in oat bran mixture and sifted flours.
5. Stir with a fork until just combined. Do not over mix.
6. Spoon into muffin tins and bake for 30 to 35 minutes or until muffins are firm to touch and golden brown.

Notes:
Makes 12 muffins.

Muffins - ham and zucchini

Preparation time: 15 minutes
Cooking time: 25 minutes
Serves: 12

Ingredients:
2 cups gluten free self-raising flour
100 g lean ham, finely chopped (See Notes)
2 eggs, lightly beaten
10 g margarine, mono- or poly-unsaturated
2 small zucchinis, coarsely grated
1 cup cooked white long grain rice
3/4 cup grated parmesan cheese
1 cup low fat milk
1 tablespoon mustard, (check that brand is gluten free)
Canola or olive oil spray

Method:
1. Preheat oven to 180°C. Spray muffin tins lightly with oil spray.
2. Place all ingredients in a large bowl.
3. Stir with a metal spoon until just combined.
4. Spoon mixture into prepared pan.
5. Bake for 25 minutes or until the muffins are browned.
6. Turn onto a wire rack.

Notes:
Use ham off the bone or Virginian ham only.

Muffins - chocolate banana

Preparation time: 10 minutes
Cooking time: 10 minutes

Ingredients:
3 large ripe bananas
1 1/2 cups wholemeal self-raising flour
1/4 cup self raising flour
3 tablespoons cocoa
1 teaspoon baking powder
2 teaspoons mixed spice
1/2 cup sugar
1/3 cup natural yoghurt
3 eggs, beaten
2 tablespoons vegetable oil, for greasing tins

Method:
1. Preheat oven to 180°C.
2. Remove the skins from the bananas and puree them in a food processor.
3. Place all the other ingredients in a large mixing bowl.
4. Add the banana and stir with a wooden spoon.
5. Place 1-2 tablespoons of mixture into greased mini muffin tins and bake for 10 minutes or until muffins are cooked when tested with a skewer.

Zucchini and bacon slice

Preparation time: 15 minutes
Cooking time: 35 minutes

Ingredients:
2 cups zucchini, grated and unpeeled
2 cups carrot, grated
1 white onion, peeled and diced
2 cups lean bacon, diced
1 1/2 cups cheddar cheese, grated
1 cup wholemeal flour
4 eggs
1 1/2 tablespoons olive oil
Pepper

Method:
1. Place onion, bacon and oil in food processor. Process until a smooth paste has formed.
2. In a large bowl, combine zucchini, carrot, cheese, bacon and onion paste and wholemeal flour. Mix well.
3. Beat the eggs with a fork and blend into mixture.
4. Season with salt and pepper.
5. Pour mixture evenly into a well, greased lamington tin.
6. Bake in moderate oven for approx 35-40 minutes or until set and lightly browned.
Cut into 20 squares.