

## Blueberry Muffins

Makes 12

10g **Flora pro-activ spread**, (2 teaspoons), melted  
 1¾ cups self-raising flour  
 1 teaspoon baking powder  
 ½ teaspoon ground cinnamon  
 ¼ cup caster sugar  
 ½ cup blueberries  
 60g (¼ cup) **Flora pro-activ spread**, extra  
 1 cup (250mL) reduced fat milk  
 1 egg, lightly beaten  
 1 teaspoon vanilla essence



Preheat oven to 200 °C. Brush a 12-cup non-stick muffin tin with melted Flora pro-activ.

Sift flour, baking powder and cinnamon into a bowl. Mix in sugar and blueberries. In another bowl, combine extra Flora pro-activ, milk, egg and vanilla. Mix the Flora pro-activ mixture into the dry ingredients until just combined, using no more than 16 strokes. Spoon mixture into prepared tin.

Bake for 15-20 minutes or until a skewer inserted into the centre comes out cleanly. Serve warm or cold, spread with extra Flora pro-activ.

### Nutrition information

|                   | Per<br>100g | Per<br>Serve |
|-------------------|-------------|--------------|
| Energy (kJ)       | 911         | 575          |
| Protein (g)       | 5.3         | 3.3          |
| Total Fat (g)     | 7.5         | 4.7          |
| Sat. Fat (g)      | 2.0         | 1.3          |
| Carbohydrate (g)  | 31.4        | 19.8         |
| Total Sugars (g)  | 10.0        | 6.3          |
| Dietary Fibre (g) | 1.3         | 0.8          |
| Sodium (mg)       | 339         | 214          |