

Date, oat, linseed and walnut muffins

140g oats

70g ground linseed

110g flour (whole-wheat
or wheat-free if wanted)

220ml yoghurt & 110ml
milk

1 egg

100g sugar (or less)

60g chopped walnuts

120g chopped pitted
dates

1 tbsp baking powder

½ tsp salt

½ tsp cinnamon

80ml sunflower oil plus
extra to grease tin

Contains: Omega 3,
amino acids, vitamin B6 &
complex carbohydrates



Mix oats, linseed, milk
and yoghurt in a bowl
and set aside for
20mins.

Mix remaining flour
with baking powder,
salt and cinnamon.

Whisk eggs with sugar
until slightly fluffy.

Add flour mix to the
oat/linseed mix, add
egg/sugar and mix
well. Stir in walnuts,
dates and oil.

Heat oven to 200C,
grease tin or use
paper cups for 12
muffins. Bake for
approx. 25 mins

