Breakfast Muffins



Makes 4 muffins (2 is 1 portion)

Ingredients:

- 50g low fat cream cheese* (Violife Creamy for exchange free)
- 25g Brown sugar
- 4g Ground cinnamon
- 115g Fate low protein all-purpose mix
- 4g baking powder
- 2g Egg replacer
- 60mls cold water
- 40mls Prozero
- 40g Grated apple
- 40g Grated carrot

Method

1. Pre-heat the oven to 200℃/180℃ fan/gas mark 6.
2. Place Violife creamy original, brown sugar and ground cinnamon in a large bowl, beat for 1-2 minutes until light in texture and creamy coloured.
3. Add baking powder and Fate low protein all-purpose mix to the mixture.
4. In a separate bowl, mix egg replacer with cold water and ProZero. Add to mixture, beat until a soft smooth batter is formed.
5. Fold grated apple and carrot into the mixture.
6. Divide mixture into 4 muffin cases. (2 muffins are one portion, so this recipe makes 2 portions).
7. Bake in oven for 15 to 20 minutes until golden brown.
8. Allow to cool and enjoy.

Source: Vitaflo