

Apricot and Oat Muffins

Serves: 12 **Recipe source:** Healthy Active Kids

Preparation time: 15 minutes **Cooking time:** 25 minutes

Ingredients:

1 cup self-raising flour

1 cup plain flour

$\frac{3}{4}$ cup brown sugar

$\frac{1}{2}$ cup rolled oats, plus 1 tablespoon extra for topping (in step 12)

$\frac{3}{4}$ cup milk

$\frac{1}{2}$ cup canola oil

2 eggs, lightly beaten

$\frac{3}{4}$ cup pie apricot, plus $\frac{1}{4}$ cup extra for topping (in step 13)

What to do:

1. Preheat oven to 180°C/160°C fan forced.
2. Put muffin cases in muffin pan.
3. Sift flour into a large bowl.
4. Add sugar and rolled oats.
5. Mix well.
6. Cut pie apricot into small (about 1cm) pieces.
7. Break eggs into a cup and lightly beat with a fork.
8. In a separate bowl or jug: mix milk, oil and
eggs until combined, then add pie apricot.
9. Pour wet ingredients into dry ingredients.
10. Mix until just combined.
11. Divide mixture evenly between muffin cases.
12. Sprinkle with extra rolled oats.
13. Divide extra pie apricot on top of each muffin.
14. Bake for 25 minutes or until golden.

Notes:

- Don't overmix combined wet and dry ingredients as this will produce tough muffins.
- For egg-free muffins, replace the eggs with an egg substitute mixture of:
 - 4 tablespoons water
 - 4 teaspoons baking powder
 - 2 teaspoons vegetable oil

Savoury Scrolls

Serves: 8 **Recipe source:** Various

Preparation time: 15 minutes **Cooking time:** 25 minutes

Ingredients:

2 cups self-raising flour

30g butter, chopped

3/4 cup milk

Filling:

2 tablespoons pizza sauce

bacon, chopped

pineapple, chopped

3/4 cup tasty cheese, grated

Extra milk, to glaze

What to do:

1. Preheat oven to 200°C/180°C fan forced.
2. Line a baking tray with baking paper.
3. Sift flour into a bowl.
4. Using fingertips, rub the butter into flour until you have a fine breadcrumb consistency.
5. Add the milk and mix with a knife until combined.
6. Knead gently until a soft dough forms.
7. Roll out to a 30cm x 20cm rectangle.
8. Spread pizza sauce over the dough, top with bacon and pineapple and then sprinkle the cheese.
9. Roll up firmly and place onto tray seam side down.
10. Brush with milk.
11. Using clean scissors, cut into top of dough at 3cm intervals (don't cut all the way through)
... alternatively, cut all the way through and place pieces on baking tray individually.
12. Bake for 20 to 25 minutes or until golden.

Notes:

- Don't overmix dough as this will produce tough scrolls.
- For the vegetarian alternative used in class replace the bacon with chopped tomato, capsicum, spinach and basil.
- For a sweet alternative, try a Butterscotch filling:
 - 75g butter, chopped
 - 1/2 cup brown sugar
 - 1 tbsp cinnamon