

AVIDEngage is a new online series created exclusively for our AVID community. It aims to bring our residents, customers and communities around Australia together, online.

Ingredients

- 1 ½ cups wholemeal flour (or gluten free flour)
- ½ cup rolled oats (replace with quinoa flakes for gluten free option or add another ½ cup of gluten free flour)
- 1 tsp. bi-carb soda
- ½ tsp. salt
- ½ cup maple syrup
- ½ cup coconut oil, melted
- ½ tsp. vanilla essence
- 2 eggs, at room temperature (if vegan, make either flaxseed or chia seed eggs or use an egg substitute, the brand Orgran works well)
- 2 medium bananas, mashed
- ¾ cup strawberries, diced

Makes

10-12 medium sized muffins

Prep Time

20 minutes

Cook Time

20-25 minutes



Instructions

1. Preheat oven to 160°C, grease a medium muffin tray or line with muffin cases.
2. In a large bowl, sift flour and bi-carb soda, then gently stir in oats and salt.
3. In another bowl, whisk together maple syrup, vanilla essence and coconut oil. Next, whisk in one egg at a time and then stir in mashed bananas.
4. Pour the wet ingredients into the dry ingredients and gently mix with a wooden spoon until just combined. Finally, gently fold through diced strawberries.
5. Spoon mixture into prepared tin until each mould is about three quarters full. Bake in oven for 20-25 minutes or until golden brown and firm to touch.