**Apple Oat Muffins**

**Preparation Time - 10 minutes**

**Cooking Time - 20 minutes**

**Servings - 8 - 10 muffins**

**Ingredients**

* 120g plain flour
* 40g wholewheat flour
* 30g porridge oats
* 1 tsp baking powder
* ½ tsp baking soda
* 2 tbsp Linwoods Milled Flaxseed
* 100ml oat milk or non dairy milk of choice
* 80g apple puree
* 80g coconut oil, melted\*
* ½ tsp cinnamon
* 1 tsp vanilla extract

**Directions**

1. Preheat your oven to 180C (350F).
2. Mix together the flours, oats, baking powder, soda, flax and cinnamon in a large bowl.
3. Whisk together the milk, apple puree, coconut oil or oil of choice and vanilla in a jug.
4. Pour the wet ingredients into the dry ingredients. Whisk to combine. Divide the mixture up into 8 - 10 muffin cases filling them ¾ of the way.
5. Bake in the preheated oven for 20 minutes.
6. Allow to cool for 5 minutes in the tray before transferring to a wire rack to cool fully.

\*Or vegan butter OR light tasting olive oil or avocado oil