

stevia & apple muffins

makes 12

Stevia is available seasonally as an advanced sized plant in the Zest herb range. Stevia leaves may be used to add a touch of sweetness in cooking or baking as in seen in this delicious, healthy recipe below.

gather:

1 cup self-rising flour	1 cup plain flour
1 ½ tsp. baking powder	1 tbsp of dried Stevia leaves
½ cup rolled oats	1 ½ cups of banana yoghurt
2 eggs lightly beaten	100ml of olive oil
1 apple peeled and grated	

create:

Preheat oven to 180°C. Grease a 12 pan muffin tray.

Sift flour and baking powder together. Add dried Stevia and oats. Whisk together yoghurt, eggs, grated apple and oil.

Add wet ingredients to the dry ingredients and mix until just combined (do not over mix). Divide mixture evenly into the muffin tray.

Bake for 20-25 minutes until muffins are golden brown and skewer comes out clean when tested. Allow to cool for 10 minutes before removing from the pan.

Serve warm with fresh cream or butter.