

YOGURT RASPBERRY LOAF OR MUFFINS



(From Nutrition Australia)

Ingredients:

- 1 cup frozen raspberries
- ½ cup brown sugar
- 2 eggs, lightly beaten
- 1 cup 99% fat free Vanilla Yoghurt
- 1 ¾ cups self-raising flour

Method:

1. Pre-heat oven to 180°C.
2. Spray a loaf pan with oil spray. Line base and two long sides with baking paper, allowing overhang.
3. Sift flour and combine all other ingredients in a large bowl.
4. Spoon into prepared pan and smooth surface.
5. Bake for approximately 50 min or until a toothpick or skewer inserted into the centre, comes out clean.
6. Turn out on wire rack and serve warm or chilled.

Tip: Spoon mixture into a 12 cup muffin tin and bake for 15-20 mins for muffin recipe. Substitute raspberries for blueberries/forest fruits mix