

Blueberry Yogurt Muffins with Blueberry Sauce

Delicious, moist muffins bursting with blueberries. Serve these muffins for an afternoon treat or as a dessert after a light meal.

Prep Time: approx. 10 Minutes.

Cook Time: approx. 30 Minutes.

Ready in approx. 40 Minutes. Makes 12 servings.



7 oz	plain flour	200 g
2 tsp	baking powder	10 ml
1/2 tsp	salt	2.5 ml
3 oz	rolled oats	80 g
10.5 oz	Nestlé natural yogurt	300 g
1 tsp	bicarbonate of soda	5 ml
1	egg	1
4.5 oz	white sugar	125 g
6 Tbsp	Milk, full fat	90 ml
4 oz	blueberries (fresh or frozen)	100 g

Sauce

8 oz	Blueberries (fresh or frozen)	200 g
2 oz	white sugar	50 g
2 Tbsp	water	30 ml

Directions

- 1 Pre-heat the oven to 400°F. Line a 12 hole muffin pan with paper muffin cases.
- 2 Sift together the flour, baking powder and salt.
- 3 In another bowl stir together the rolled oats, the Nestlé Natural yogurt and the bicarbonate of soda. Allow to stand for 1 minute.
- 4 Add the egg, sugar, milk and sunflower oil to the oat mixture and mix well.
- 5 Pour the oat mixture into the flour and stir until combined but do not over beat the mixture.
- 6 Add 100g blueberries and stir gently to incorporate.
- 7 Divide the mixture between the paper cases. Bake in the pre-heated oven at 400° for 20-25 minutes or until the tops are lightly browned and spring back when gently pressed. Remove from the muffin pan and allow to cool on a wire cooling rack.

- 8 To make the sauce place 200g blueberries, sugar and water in a small pan and heat to boiling, stirring all the time to dissolve the sugar. Cook over a gentle heat for 2-3 minutes or until the berries have softened.
- 9 Pass the sauce through a fine sieve to remove the seeds and the skin. Allow the sauce to cool before serving.

Recipe courtesy of Nestlé