

School Breakfast Clubs Program Recipes



Treat your students with a fun recipe that you can easily make using School Breakfast Clubs Program ingredients. Enjoy!



Pear and Oat Muffins

Serves: 12 muffins

Difficulty: Easy

Health Rating: Green

Ingredients

4 pears, washed, cored, and roughly chopped (leave the skin on). Can replace with apples or a combination of both

100g rolled oats

1 crushed VitaBrits

250g self-raising flour

2 tsp baking powder

pinch of bicarb soda

1 tsp cinnamon

60ml canola oil

2 eggs

40g runny honey

200ml low-fat milk

Method

1. Put pears onto the stove in a pot with enough boiling water to cover them. Boil until soft then turn off, drain water, then let sit to cool
2. Pre heat oven to 180 degrees Celsius
3. In a large bowl, combine oats, VitaBrits, flour, baking powder, bicarb soda and cinnamon. Make a well and add oil, eggs, milk and honey. Mix the wet ingredients a little on their own in the middle before combining with the dry
4. Add pear pieces and mix well
5. Fill each muffin hole to the top and bake in the oven for 25-30 minutes or until the muffin springs back when touched
6. Let cool in the tray for a few minutes before turning out. Store in an airtight container for up to a week