

# ONLINE AT THE Y

Learn, create, do something new by learning with the Y from your home

## Cooking at the Y - Blueberries and Chia Seeds Muffin

Recommended for all age groups

### Resources/Ingredients:

- 3 ½ Self Raising Flour
- 1 ½ tablespoons baking powder
- 1 cup of Coconut sugar
- 250 g Nuttelex
- 375 rice milk or low fat cow's milk
- 200 g blueberries
- ½ cup of chia seeds
- ½ cup rolled oats

### Instructions:

1. Measure all ingredients
2. Pre heat oven to 180 degrees Celsius and place Patty pans in muffin trays
3. Cream together Nuttelex and Sugar until light and fluffy
4. Fold in flour and baking powder
5. Add rice milk and continue mixing
6. Mix in Chia seeds, Rolled Oats and Blueberries
7. Pour in muffin trays and bake for 20-25mins or until golden in colour and thoroughly cooked.

