



Maple Muffins

Ingredients for 12 muffins:

150 ml maple syrup, 1 egg, 80 ml vegetable oil, 200 g yogurt, 200 g wheat flour,
120 g Köln® Oat Crispies Classic, 50 g chopped walnuts, 2 tsp. baking powder, 1 tsp. baking soda

Preparation:

Preheat oven to 200 °C. Using a whisk, mix the maple syrup, egg, oil and yogurt together. Slowly fold the remaining ingredients into the mixture. Evenly pour the dough into a muffin pan. Bake for approx. 20 minutes or until a toothpick inserted in the middle comes out clean.

Heat: 200 °C

Baking time: approx. 20 minutes

Preparation time: approx. 15 minutes