



SPELT BANANA MUFFINS WITH OATS AND MILLET

Preparation: 10 minutes

Backing time: 35 minutes

Ingredients (for 12 pieces)

Bowl 1

- 3 ripe bananas
- 180g Greek yogurt
- 50g oat flakes, fine
- 50g millet flakes, fine
- 1 tsp vanilla extract
- 1 pinch of salt

Bowl 2

- 120g light spelt flour
- 2 tsp baking powder
- 1 pear

- 12 Muffin tins

Preparation

1. Crush the ripe bananas in a bowl and mix with all the remaining ingredients.
2. In a second bowl, mix the flour and baking powder. Peel the pear, cut into small cubes and mix them in.
3. Mix ingredients of both bowls into a single dough and add the dough in portions to paper baking cups in a muffin tray.
4. Bake at 180°C for around 35 minutes.

Tip:

Together with the Kambly Goldfish wholemeal spelt and fresh fruit you have the ideal snack for your next break.