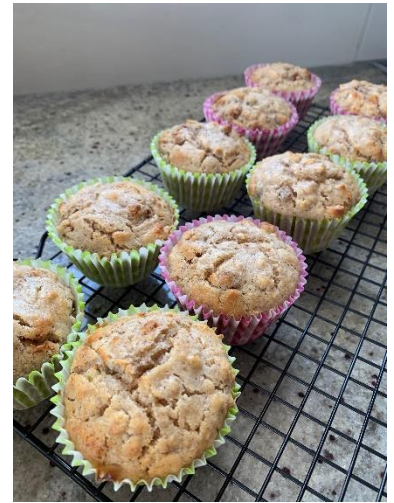


The great thing about this muffin recipe is that the batter can be prepared ahead of time and baked when needed. At first, you will notice the batter is quite thin. With time, the oats soak up the excess liquid leaving a perfectly moist muffin when baked.



## Ingredients

### Makes 24 muffins

- **3 cups natural muesli or plain rolled oats**
- **1 cup finely chopped dried fruit**
- **2 teaspoons mixed spice**
- **3 cups self raising flour**
- **$\frac{3}{4}$  cup raw sugar**
- **3 cups milk**
- **2 eggs, lightly beaten**
- **1 cup oil (light olive oil, canola or rice bran)**
- **1 cup berries (fresh or frozen)**

## Method

1. Combine muesli, dried fruit, mixed spice, flour and sugar in a glass bowl.
2. Make a well in the centre. Add milk, egg and oil. Using a wooden spoon, stir until just combined. Refrigerate, covered, overnight or for at least for 4 hours.
3. Preheat oven to 190°C/170°C fan-forced. Line muffin pans with paper cases.
4. Stand muffin mixture at room temperature for 10 minutes. Stir in blueberries.
5. Spoon mixture into paper cases. Bake for 20 to 25 minutes or until browned and cooked through.
6. Stand in pan for 5 minutes. Transfer to a wire rack to cool or serve warm.

Notes: Finely chopped apricot, date and apple all work well in this mix. Choose nut free muesli if required.