**Apricot-Banana-Oat Muffins (Dairy and Sugar Free)**

This recipe makes 12 portions of about 50g

**INGREDIENTS**

100g Wholemeal flour

50g porridge oats

2 teaspoons baking powder

60g Dairy free marg.

1 large banana (about 150g without skin)

4 fresh apricots (about 200g) peeled and stone removed or 75g dried apricots

**(You can substitute apricots for any fruit such as diced Pear, apple, pineapple or peach).**

1 medium free-range egg

3 tablespoons semi skimmed milk

**METHOD**

1. Heat the oven to 180° C, 350° F or gas mark 4.
2. 2. Rub together the flour, baking powder, oats and butter.
3. Mash the banana.
4. Beat the egg and milk and add to mixture.
5. Stir in chopped fresh or dried apricots.
6. Divide into 12 muffin cases and cook for about 15 minutes.

