



## Prune & Oat Breakfast Muffins



Serves  
8



Prep  
4 minutes



Cooking  
20-25 minutes



### Ingredients

1 x 210g can of Princes Ready to Eat Pitted Prunes  
2 large eggs  
90g honey  
60g rolled oats  
80g self-raising flour

	Calories	Sugars	Fat	Saturated Fat	Salt
Per 100g	215Kcal	12g	3.4g	0.9g	0.22g
RI%	7%	9%	3%	3%	2%

### Method

1. Roughly chop the prunes.
2. Beat the eggs with the honey.
3. Mix the oats and flour in a large bowl.
4. Stir in the egg mix and three quarters of the prunes then beat together.
5. Spoon into a lined muffin tray and top with the remaining prunes and a sprinkle more oats.
6. Bake at 190c for 20-25minutes.