

Muffin Makeover



Original Muffin

Serving size: 175g
Cost per serve: \$0.75*



Makeover Muffin

Serving size: 100g
Cost per serve: \$0.40*

Easy changes we made for the healthy way

We reduced the cost, energy, saturated fat, salt (sodium) by:

- Substituting some of the white flour for wholemeal flour
- Using less sugar
- Using less chocolate
- Replacing the milk and one of the eggs with unsweetened low fat yoghurt
- Making smaller muffins



6 "Texas" muffins

Original

Mashed banana	375g
Brown sugar	115g
Butter	100g
Whole milk	65ml
Eggs	2
White flour	270g
Baking soda	10g
Salt	0.5 tsp
Chocolate chips	110g

6 medium muffins

Makeover

Wholemeal flour	65g
White flour	70g
Brown sugar	30g
Mashed banana	225g
Unsweetened low fat yoghurt	75ml
Canola oil	35ml
Egg	1
Baking powder	5g
Chocolate chips	20g

Method for Makeover

1. Heat oven to 180°C
2. Mix together the wet ingredients
3. Sift and mix together the dry ingredients
4. Mix dry and wet ingredients together
5. Spoon 100g batter into each muffin tin and bake for approximately 15 minutes or until cooked through

Nutrient Information

	Original Per serve	Makeover Per serve	Difference Per serve
Energy	2221kJ	929kJ	1292kJ
Fat	21.7g	8.2g	13.5g
Saturated fat	12.7g	1.4g	11.3g
Carbohydrate	75.8g	31.8g	44.0g
Sugar	42.6g	15.8g	26.8g
Sodium(Na)	754mg	131mg	623mg

*Costs as at July 2013, Countdown Online <http://shop.countdown.co.nz/>