



Original muffin (Serving size: 175g)



Makeover muffin (Serving size: 100g)

Ingredients - 6 serves

Original 6 “Texas” muffins

| | |
|-----------------|---------|
| 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 |

Makeover 6 medium muffins

| | |
|-----------------------------|------|
| 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 |

Nutrient information

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

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 whole-meal flour
- using less sugar
- using less chocolate
- replacing the milk and one of the eggs with unsweetened low fat yoghurt.

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.