

All About Wholegrains ... Pandan Muffins



Serves: 12 pax

INGREDIENTS	NUTRITIONAL INFORMATION	
	(per serving)	
<ul style="list-style-type: none"> • 1 cup low fat milk • 4 pandan leaves • ½ cup rice bran oil • ¾ cup sugar • 2 eggs, lightly beaten • 200ml low fat yoghurt • 2½ cup self-raising flour • 1 cup oatmeal 	Energy (kcal)	101
	Carbohydrate (g)	39
	Protein (g)	6
	Fat (g)	11
	• Saturated Fat (g)	3
	• Polyunsaturated Fat (g)	3
	• Monounsaturated Fat (g)	4
	Cholesterol (mg)	37
	Dietary Fibre (g)	1.3
	Sodium (mg)	242
	Potassium (mg)	162
	Phosphate (mg)	262

Methods

1. To make pandan extract, blend low fat milk and pandan leaves in a food processor. Blend until fine. Strain with a fine sieve of cheesecloth.
2. Preheat oven to 160°C. Line muffin pan with paper cups.
3. Combine rice bran oil, yoghurt, sugar, egg and pandan extract in a large mixing bowl. Fold in self-raising flour and oatmeal until well combined.
4. Scoop mixture into muffin pans and bake for 30 – 35 minutes until golden brown.
5. Remove from oven and leave it to cool on rack before serving.

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