Wee Jasper Public School



The Buale

Term 3, Week 10, 2022 | Principal - Michelle Andrews



Visiting and learning with our Bowning School staff and students - September 19-21. More photos on page 17.

Ceramics workshop with Janet DeBoos

This term we have had a great learning experience at Janet DeBoo's Workshop. She is an amazing ceramicist who has been in the field for over 50 years. She explained to our students the different types of clays and their histories. Each week we had the opportunity to learn and play with transfer paper on hard and soft surfaces, moulding, cutting and painting clay.

More photos on page 13.



Janet DeBoos assisting Tilly with her chosen transfer paper.

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Staff weekly schedule

Monday

- Teaching Principal Michelle Andrews (teaching)
- School Administration
 Manager Wendy Griffiths
- French Enrichment with Jean Luc

Tuesday

- Teaching Principal Michelle Andrews (teaching)
- School Administration
 Manager Wendy Griffiths

Wednesday

- Teaching Principal Michelle Andrews (principal admin)
- Teacher Jack Morrison
- Teacher Kim Rowling
- School Administration
 Manager Wendy Griffiths
- General Assistant Alan Rowling

Thursday

- Teaching Principal Michelle Andrews (teaching)
- Assistant Principal Curriculum & Instruction (virtual - Erin Casey
- Teacher Emily Latham
- Teacher Jack Morrison (9am -12pm)
- School Administration
 Manager Wendy Griffiths
 (Week 2, 4, 6, 8 and 10)

Friday

- Teaching Principal Michelle Andrews (principal admin)
- Teacher Jack Morrison
- School Administration Officer -Hannah Sparks (alternate Fridays)
- School Learning Support Officer - Mary Goulding

In this issue



Our first time using transfer paper onto hard clay. We are very happy with the final results.

Page 1

• Ceramics workshop with Janet DeBoos

Page 3

• School calendar

Page 5

- Principal's message
- P & C message

Page 7

School news

Pages 13

• Out and about

Pages 20

• Community news

Pages 22

· Blueberry muffins

Term 4, Weeks 1-6, calendar

- #	MON 10	TUES 11	WED 12	THUR 13	FRI 14
WEEK 1 OCTOBER	Francesca Nolan	Francesca Nolan	Francesca Nolan	Francesca Nolan	Francesca Nolan
WEEK CTOB	Ctualonto voturo		Mr Morrison	Mr Morrison	Mr Morrison
> ŏ	Students return			Mrs Casey	
2 !!!	MON 17	TUES 18	WED 19	THUR 20	FRI 21
WEEK 2 OCTOBER	Francesca Nolan	Francesca Nolan	Mrs Casey	Mr Morrison	Mr Morrison
E C				Yass High Taster	
> 0				2-3:20pm	
м «	MON 24	TUES 25	WED 26	THUR 27	FRI 28
WEEK 3 OCTOBER	Ms Andrews	Ms Andrews	Mr Morrison	Mr Morrison	Mr Morrison
E C			PLC	Parents LLLL	Mayor Visit
> ŏ				Workshop	Teacher's Day Kindy Transition
					ū
4 >	MON 31	TUES 1	WED 2	THUR 3	FRI 4
WEEK 4 OCT/NOV	Ms Andrews	Ms Andrews	Mr Morrison	Mr Morrison	Mr Morrison
ZT/				Mrs Casey	Kindy Transition
> 0					
2 H	MON 7	TUES 8	WED 9	THUR 10	FRI 11
EK 5 MBER	MON 7 Ms Andrews	TUES 8 Ms Andrews	WED 9 Mr Morrison	THUR 10 Mr Morrison	Mr Morrison
/EEK S VEMBER	Ms Andrews	Ms Andrews	Mr Morrison Mrs Casey	Mr Morrison Mrs Casey	Mr Morrison Kindy Transition
WEEK 5			Mr Morrison	Mr Morrison	Mr Morrison
Z	Ms Andrews	Ms Andrews	Mr Morrison Mrs Casey	Mr Morrison Mrs Casey	Mr Morrison Kindy Transition
Z	Ms Andrews	Ms Andrews	Mr Morrison Mrs Casey	Mr Morrison Mrs Casey	Mr Morrison Kindy Transition
Z	Ms Andrews Broken Bay Camp	Ms Andrews Broken Bay Camp	Mr Morrison Mrs Casey Broken Bay Camp	Mr Morrison Mrs Casey Broken Bay Camp	Mr Morrison Kindy Transition Broken Bay Camp
Z	Ms Andrews Broken Bay Camp MON 14	Ms Andrews Broken Bay Camp TUES 15	Mr Morrison Mrs Casey Broken Bay Camp WED 16 Mr Morrison Mrs Rowling	Mr Morrison Mrs Casey Broken Bay Camp	Mr Morrison Kindy Transition Broken Bay Camp
WEEK 6 WEEK 5 NOVEMBER	Ms Andrews Broken Bay Camp MON 14	Ms Andrews Broken Bay Camp TUES 15	Mr Morrison Mrs Casey Broken Bay Camp WED 16 Mr Morrison	Mr Morrison Mrs Casey Broken Bay Camp	Mr Morrison Kindy Transition Broken Bay Camp FRI 18 Mr Morrison

KEY DATES



TEACHER'S DAY

October 28

BROKEN BAY CAMP

November 7-11

KINDERGARTEN TRANSITION

October 28 November 4, 11, 18 & 25 December 2 & 9

SAVE THE DATE: Parents Little Learners Love Literacy Workshop will be held <u>Week 3 of Term 4 - October 28, 4pm - 6pm.</u>

LITTLE LEARNERS LOVE Literacy 27 October 4-6 PM AT THE SCHOOL

Join us for a fun workshop on decodable texts. This workshop is designed to help parents learn more about how reading is taught in our classroom and how they can support their children with home reading. All current parents, future parents, or interested community members are invited to attend.



For more information, contact Michelle Andrews by emailing Michelle.andrews1@det.nsw.edu.au or calling 0438 684 788.

Principal's message

We wish all our students, staff and families a wonderful twoweek break. Our school community have worked collaboratively, and our students continued to make great progress. Congratulations to our students for their achievements. We are proud of the beautiful friendships they have together, how respectful they are towards all our staff and how they each try to be the very best version of themselves.

Our students have been absolutely wonderful this week, as they travelled most days to join me at Bowning Public School. They embraced the opportunity to learn and play in a larger school. They certainly showed the confident and capable students that they are. They also happily jumped on the bus at 7:30am and had late afternoons and did so without complaint. Thank you to our parents to supporting this and adjusting to assist with the changed transport needs.

I applaud our students for the incredible artwork they have created with Janet DeBoos this term. They were eager to learn from Janet and had fun developing new knowledge and techniques. We look forward to sharing their end products with you next term. Thank you very much to Janet. The student's favourite day of the week has been Fridays, where they enjoyed both the art opportunity and exploring Janet's beautiful property. Thank you to Miss Mary and Luke Apps for providing 4WD transport.

We are grateful for our students to engage in learning French with Jean Luc this term. Jean Luc has agreed to continue providing this opportunity next term. Now our students want an overseas excursion, but unfortunately, we may need to stick to visiting a French restaurant in the near future.

Next term will be another exciting term for all of our school community. Ms Nolan will be relieving principal for the first two weeks of Term 4. I will return Wednesday of Week 2. We thank Francesca Nolan for embracing the opportunity to work with our students, staff and parents. Our students met Ms Nolan a few weeks ago and are excited by her enthusiasm and kindness. I know our staff and parents will support her as well.

Our students will also be involved in our transition program in Term 4. Bella and Chi-Chi have already attended one Yass High Taster Lesson. They have another Taster Day in Week 3 and then Bella will have her Orientation later in the term. Both Stage 3 students will also combine with Adelong, Sth Gundagai, Bongongo and Nangus Stage 3 students for the combined Small Schools Stage 3 Excursion to Broken Bay Sport and Recreation Camp in November. Thank you to our hard-working P&C who have raised funds to subsidise 50% of this opportunity.

We will be welcoming two kindergarten students next year. Both students will be involved in a Kindergarten Transition Program on Fridays, beginning Friday 28 October.

Parents & Citizens

We wanted to say a big thank you to all who supported our recent wood raffle. We have raised over \$1400.00.

Contacts:

- President, Helen Cathles thecathles@gmail.com
- Secretary, Bridgette Cathles bridgette.cathles@gmail.com

Wee Jasper Public School's vision

Our school will remain the heart of our small rural community. Here, core values will be learned and lived, as every learner is fully engaged and challenged, in preparation to making their contribution to our complex and dynamic society. Every student will be known, valued and cared for and experience a secure sense of belonging and connection to this school, community and land. All students will be literate, numerate and curious. We will continue to see the diversity of our community as a pedagogical strength and draw upon our diverse human and natural resources to sustain learning. In this way, we will counter the potential disadvantage of living in a small, remote community.



Principal's message

More information will be sent directly to the families early next term. Our students play a very important role in supporting our new kinder students and we know they will assist in helping the next kinder students feel a sense of belonging and learn about how school operates.

Next term we will be hosting the first Professional Learning Community (PLC) on Wednesday 24 October. The students and staff from Binalong and Bowning PS are keen to visit us. Will Kostakis will provide a workshop on the Tuesday and then also present to the PLC. Thank you to Tim and Helen Cathles for providing accommodation for Will.

We are busy coordinating swimming lessons for our students next term. Helen Cathles will again be providing instruction and we thank her for allowing us to use her pool for some of the lessons. We are lucky to have so many community members who support our students and school.

Save the date – Our End of Year Concert will be Friday 16 December. We hope our community can come along and celebrate the achievements of our students.

Finally, thank you to our incredible team of professionals who work at Wee Jasper PS. It is an absolute pleasure to work with such a talented and committed team. They work hard to ensure our students learn in a supportive and friendly environment.

Michelle Andrews TeachingPrincipal

Science Week with Mr Morrison

Every year, Science Week has a different theme. The theme for 2022 was "Glass", and our students explored how glass behaves under different conditions such as heat or cold, by making sugar glass decorations! They worked together to read the recipe, combined the ingredients, kneaded the dough and shaped their own decoration frames on the baking tray.

While we were waiting for the dough to bake hard in the oven, the students wrote a scientific report detailing the process they had undertaken, using headings such as "aim", "method", "results" and "conclusion".

The next week, we began stage two: filling the holes in our dough decorations with powdered sugar made from different coloured crushed lollies. As they were returned to the oven, we watched as the sugar crystals melted together, creating a smooth translucent surface.

By Mr Morrison











Meet Ms Francesca Nolan

Hello Wee Jasper School Community,

I am so excited to spend the start of next term getting to know you all and exploring such a beautiful area. I am from Gerringong and grew up at the beach, swimming, playing netball and creating art. After university I moved out west to Grenfell where I bought a house and worked at a local school in a farming community.

My school was Caragabal and we had 25 students. I loved working in a small school. The bonds that are formed in a small school with a close community are so special. At times I took on the role of relief principal for various time periods. I often took on the visual arts and music roles at the school but I am also passionate about history, geography and English. At the moment I am saving money to travel Europe for three months early next year and can't wait to discover new and exciting places.

I am so looking forward to spending time in Wee Jasper, I was able to visit recently and had such a great time getting to know the students and the area.

Thanks in advance for welcoming me.

From Francesca Nolan



Art with Ms Nolan

We did an art class with Ms Nolan on fish in the ocean. She is very friendly and we enjoyed the art class with her. First we drew the fish, photocopied them, then glued our fish onto a background and then added bubbles and texture to it. It did not take long to complete but we are all very proud of the outcome!

By Chi Chi













Our Father's Day Crafts

For Father's Day we made pillow cases with Mrs Griffiths help. Everyone had their own theme, which holds a special meaning to us and we each made a card to go with the pillow case. We worked really hard to make these gifts for our Dad's and we are really proud of how they turned out.

By Chi Chi





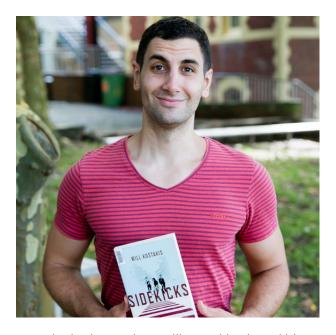








Creative writing workshop with author Will Kostakis



Award-winning author, Will Kostakis, signed his first book deal in high school. Now, he's heading to our school to teach students everything he knows about writing.

Will is the author of *Loathing Lola*, which he published aged just 19, *The First Third, The Sidekicks* and *Monuments*. He is due to release *We Could Be Something* in early 2023.

An advocate for young readers and writers, Will was awarded the 2020 Maurice Saxby Award by the School Library Association of New South Wales for service to children's and young adult literature.

The touring author's visit to Wee Jasper will coincide with the completion of our school's very own Mayoral Reading Challenge, during which students had to read 30 books on their own, with a teacher or parent.

Wee Jasper Public School students will have the opportunity to learn from Will during two writing workshops, run across two days.

Writing Workshop One

Where: Wee Jasper Public School When: Tuesday, 25 October

Writing Workshop Two

Where: PLC

When: Wednesday, 26 October

Little Learners Love Literacy - you're invited



We have organised Little Learners Love Literacy to conduct a parent workshop on decodable texts in Term 4.

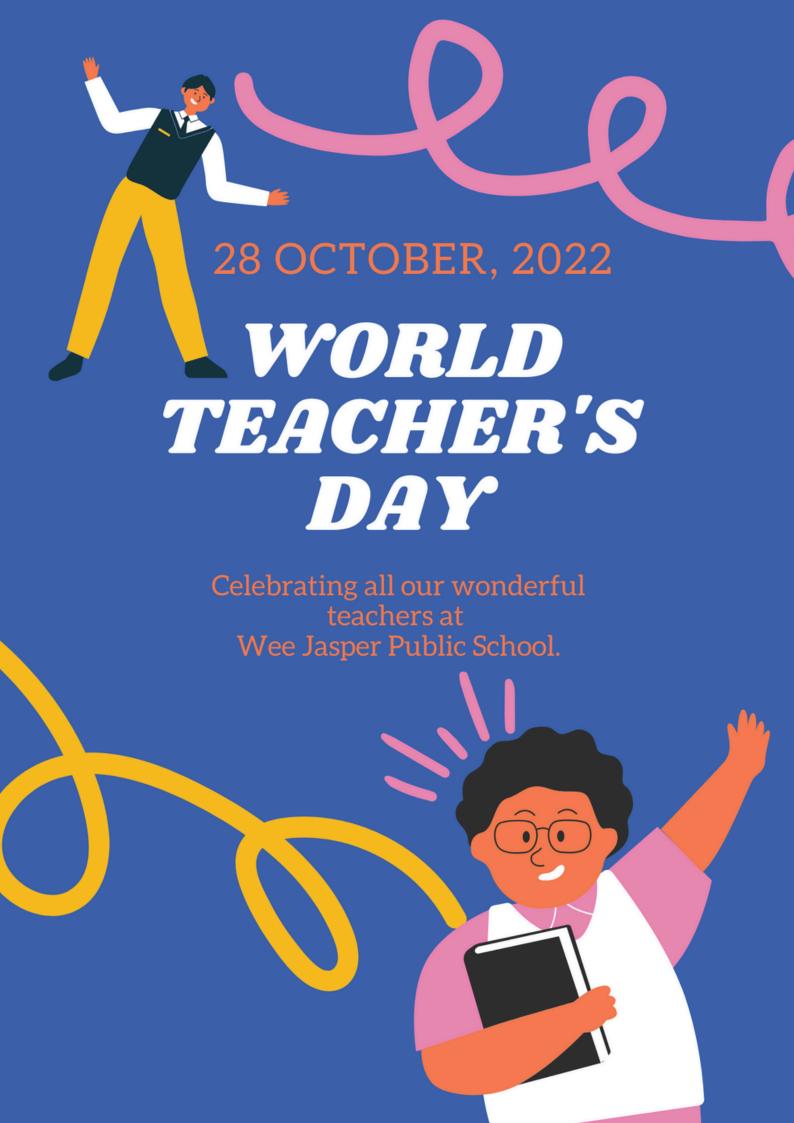
This workshop is designed to help parents learn more about how reading is taught in our classroom and also how they can support their children with home reading.

All our staff have completed the two-day workshops and use the evidence-based teaching of explicit reading with our K-2 students.

All current parents, future parents, or interested community members are invited to attend. Please contact Michelle Andrews if you wish to attend by emailing Michelle.andrewsl@det.nsw.edu.au or calling 0438 684 788.

Little Learners Love Literacy Where: Wee Jasper Public School When: Thursday, 27 October

Time: 4-6 pm





Ceramics workshop August 19.















Ceramics workshop - Kids Club September 2.















Ceramics workshop September 9.

Staff Training

This term our staff have completed training with Little Learners Love Literacy, Heggerty's and most recently we have completed CPR and Anaphylaxis training. We strive to keep up to date with our students education and care.



Enjoying a staff dinner after CPR and Anaphylaxis training.

Personal Learning Community

We had a great day visiting Bowning Public School with Binalong Public School students. In the morning, we were split into two groups for music. We had to listen to a song and copy the tunes on to paper and try to play the sounds on xylophone and drums and then we had to perform in front the other group. We also went onto Beep Box online where we made our own electronic beats which was really fun.

In the middle session, we did vocabulary where we had to find its meaning. My word was 'longevity' which means long life.

In the afternoon session, we were in groups playing different sports games. We learnt how Japan plays 'Scissors, Paper, Rock', did a few relay runs and played basketball.

For recess and lunch we had yummy hot dogs, Zooper Doopers and jelly.

Overall, it was a great day bonding with other students from other schools!

By Bella

Yass High School Taster Day

We had a High School Taster on September 15 with Yass Public School and Bowning Public School. It started with Year 9 giving us a tour of their school and then we were split into Group A and Group B.

First of all we did some artwork on planets with water colour, chalk and paint markers. We cut out circles with white paper and used water colours for all the different planets in space which we stuck onto black paper and decorated it with pastels and paint markers for the stars.

The we moved onto cooking and made pizzas out of sliced bread, pizza sauce, cheese and different toppings. Chi Chi and I made cabanosi pizzas and they were in the oven for five minutes.

Afterwards, we toured the science classes and saw their classroom shower which is used to wash off chemicals on your body. They also had a well being dog in their class. We learnt about how different chemicals can affect fire. We saw it turn red, orange, green and blue. If you do it wrong, it can cause pressure and can explode.

After seeing the high school, I am feeling more comfortable and excited about attending next year.

By Bella



Learning with our Bowning Public School Friends

During Week 10, our staff and students went to Bowning Public School from the Monday to Wednesday and had another great opportunity to learn alongside them. Chidinma, Tilly and Abi were in the K-2 class with Mrs Ranie and Dubie, Chi Chi and Bella were in the 3-6 class with our very own Teaching Principal, Ms Andrews who was relieving for Mrs Holt. Our students had lots of fun creating new friendships.

With Ms Andrews and Miss Mary's support, we (Bella, Chi Chi and Dubie) created our own businesses with the 3-6 class to create a prototype that is meant to help people which is not already available on the market and learnt a lot about how a business is run.

We made a 4 screened laptop out of cardboard and painted it black. My staff members from Bowning Public School and I get along really well to get our work done. We each hold different positions and I am the Chief Finance Officer - Chi chi

My team is making walking school supplies. My position is a Chief Finance Officer. It really helps with my maths and financing for the future. I am improving on my team work and learning what a business setting is like - **Bella**

In my company, I am the engineer. We made a prototype called PGF - Play Games Food. This will basically heat our food and cook food really quickly. It was really fun working in my team - **Dubie**









Spring Holiday Program

Sunday 25 September



Kub Car Rally 10 am-4 pm Murrumbateman Rec Grounds

Monday 26 September



Jewellery Box 10:30-11:30 am Yass Valley Library

Tuesday 27 September



Movie -The Lost City (M) 10:30 am-12 pm Yass Valley Library



Gelli Plate Printing Workshop 9 am-12 pm Sutton Village Gallery

Wednesday 28 September



Gelli Plate Printing Workshop with Image Transfer 9:30 am-3:15 pm Sutton Village Gallery



Painting with-Sara Phemister 10:30-11:30 am Yass Valley Library

Thursday 29 September



Tie Dye Workshop 10 am-11:30 am Yass Soldiers' Memorial Hall

Wednesday 5 October



Lantern-Making Workshop 1-4 pm Zac's Place

Friday 30 September



Skateboarding Workshop 10 am-2 pm Yass Skate Park



Paint Your Own Birdhouse 10 am-12:30 pm Tootsie Gallery Cafe

Tuesday 4 October



Movie -Lightyear (PG) 10:30 am -12 pm Yass Valley Library



Visit Junee Licorice & Chocolate Factory 9 am-3:30 pm Meet at Banjo Paterson Park

Sun Printing with Plants Workshop 9:30 am-3:15 pm Sutton Village Gallery

Thursday 6 October



Puppetry Workshop and Show 10:30 am-12:30 pm Bowning Hall



Draw Your Own Pet 1:30-3 pm Zac's Place

Friday 7 October



Self-Defence Workshop 10-11 am Tootsie Gallery Cafe

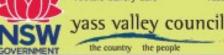


Paint Your Own Mug with Alcohol Ink 1-2:30 pm Yass Valley Library



Yass Railway Museum Picnic Day All day 3 Crago Street, Yass





www.yassvalley.nsw.gov.au/ourcouncil/news/article/1637

Community news

18 FREE things to do in Yass Valley this spring holiday

Looking for something fun to do during the spring holidays? From a special trip to Junee Licorice and Chocolate Factory to a professional puppet show and skateboarding workshop, there are so many free activities on offer across the Yass Valley from Sunday, 25 September to Sunday, 9 October.

Check out what's on offer below and secure your spot today!

- 1.Kub car rally Sunday, 25 September 10 am-4 pm Murrumbateman Rec Grounds book via https://murrumbatemanscouts.org.au/kub-kar-rally/.
- 2. Decorate your own jewellery box Monday, 26 September 10:30-11:30 am Yass Valley Library call 6226 1305 or email Library@yass.nsw.gov.au to book.
- 3. Movie The Lost City (M) Tuesday, 27 September 10:30 am-12 pm Yass Valley Library call 6226 1305 or email Library@yass.nsw.gov.au to book.
- 4. **Gelli plate printing workshop** Tuesday, 27 September 9 am-12 pm Sutton Village Gallery book via https://www.eventbrite.com.au/e/gelli-plate-printing-workshop-tickets-407744132677.
- 5. Gelli plate printing with image transfer workshop Wednesday, 28 September 9:30 am-3:15 pm Sutton Village Gallery book via https://www.eventbrite.com.au/e/gelli-plate-printing-with-image-transfer-workshop-tickets-407 747151707.
- 6. Painting with Sara Phemister Wednesday, 28 September 10:30-11:30 am Yass Valley Library call 6226 1305 or email Library@yass.nsw.gov.au to book.
- 7.Tie dye workshop Thursday, 29 September 10-11:30 am Yass Soldiers' Memorial Hall call 6226 1305 or email Library@yass.nsw.gov.au to book.
- 8. Lantern-making workshop Thursday, 29 September 1-4 pm Zac's Place book via https://events.humanitix.com/lantern-making
- 9. Skateboarding workshop Friday, 30 September 10 am-2 pm Yass Skate Park book via https://www.eventbrite.com.au/e/yass-skatepark-free-skate-workshop-tickets-405538455437.
- 10. Paint your own birdhouse Friday, 30 September 10 am-12:30 pm Tootsie Gallery Café book via https://www.trybooking.com/CCCFM.
- 11. Movie Lightyear (PG) Tuesday, 4 October 10:30 am-12 pm Yass Valley Library call 6226 1305 or email Library@yass.nsw.gov.au to book.
- 12. Visit Junee Licorice and Chocolate Factory Wednesday, 5 October 9 am-3:30 pm leaving from Banjo Paterson Park book via https://www.eventbrite.com.au/e/trip-to-junee-licorice-and-chocolate-factory-tickets-40601876 2047.
- 13. Sun printing with plants workshop Wednesday, 5 October 9:30 am-3:15 pm Sutton Village Gallery book via https://www.eventbrite.com.au/e/sun-printing-with-plants-workshop-tickets-407749428517
- 14. Little Wing Puppetry show and workshop Thursday, 6 October 10:30 am-12:30 pm Bowning Hall call 6226 1305 or email Library@yass.nsw.gov.au to book.
- 15. Draw your own pet Thursday, 6 October 1:30-3 pm Zac's Place call 6226 1305 or email Library@yass.nsw.gov.au to book.
- 16.**Self-defence workshop** Friday, 7 October 10-11 am Tootsie Gallery Café book via https://www.trybooking.com/CCCEX.
- 17. Paint your own mug with alcohol ink Friday, 7 October 1-2:30 pm Yass Valley Library call 6226 1305 or email Library@yass.nsw.gov.au to book.
- 18. Yass Railway Museum Picnic Day Sunday, 9 October all day 3 Crago Street, Yass no booking required.

All activities are free and transport is available. Please contact hsparks@yass.nsw.gov.au with transport enquiries. Spaces will be allocated on a first-come, first-served basis.

Community news

Keeping fire fit

Wee Jasper Brigade is holding a joint training with neighbouring brigades on Saturday the 24th of September this will be running from 9 am till around 2 pm with a BBQ lunch afterwards.

This day will be a fun filled day with plenty of activities happening in and around the community. Please be advised, there will be fire trucks driving around and pulled over on sides of roads. So if you see a truck with lights on please slow down to keep our crews safe.

Regards Luke Apps
Deputy Captain & Training Officer
Wee Jasper Brigade





Community news

In good spirits - the mother and daughter behind Wee Jasper Distillery



Jennie and Shannon Kellett

If this isn't Australia's first mother and daughter-run distillery, it's certainly Wee Jasper's.

Meet Shannon (40) and Jennie Kellett (67), the women who have been brave enough to leave the capital and roll up their sleeves to craft gin, liqueurs, brandy, and soon maybe even whisky on the banks of Goodradigbee River. And boy are the locals excited.

What started as an experiment in their bathtub (but keep that to yourself), has turned into a full-time business and it's all thanks to Shannon's brother and Jennie's son, Nathan.

The family purchased the old Merino Wool Station on Doctors Flat Road in Wee Jasper in 2018 and Shannon and Jennie instantly fell in love with the land and area. So much so, they hatched a plan to leave Canberra and convert one of the old buildings on the property into their distillery.

After a little investigating, the mother and daughter discovered the property wouldn't meet the necessary approvals but were determined not to walk away from Wee Jasper.

It was a surprise phone call from a well-known local investor who offered to sell the pair the land near the bridge that paved the way for Wee Jasper Distillery.

Four years later and the impressive and modern cellar door and distillery are now complete, with Shannon and Jennie finishing the final touches, including seating and merchandise, before opening the doors in November.

"Mum and I always worked together and travelled together - we love discovering new food and drinks, so it made sense to do this together and we just dove in," said Shannon.

The duo is so committed to the distillery that Jennie has sold her physiotherapist business in the city while Shannon will split her time between her management role and the distillery. Shannon's other brother and Jennie's other son, Cameron, has also been assisting with all the distillery's marketing, labelling and website, while locals such as Jean Luc have raised their hand to help when the distillery opens.

Their spirits, made in handmade copper pots from Griffith and WA, will be available alongside local wines (including Wee Jasper Public School P&C's very own fundraising wine), beers and cheese boards at the cellar door, and locals will be pleased to hear that barista-grade coffee will be served from as early as 8 am between Friday and Sunday.

Among the spirits are a gin made with the Kunzea bush that's growing on the family's property and local rosemary; a pink gin; lemon and lime cellos, all diluted with distilled Wee Jasper rain water, which tastes like water sweetened by angels.

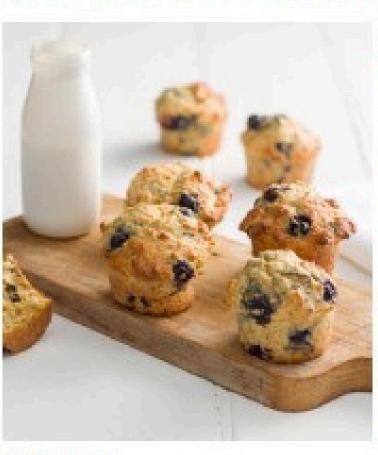
It's set to be a popular venue, with the coming summer the perfect time to open to capture venturing campers and motorbike tours.



Wee Jasper Distillery

Nutrition Snippet

BLUEBERRY MUFFINS



Serves: 12 Ingredients

2 cups plain flour

1 cup oats (quick ortraditional)

3/2 cup brown sugar

1 tsp baking powder

1 tsp baking soda

11/2 cups reduced-fat Greek yoghurt

2 eggs, lightly beaten

50g margarine, melted, slightly cooled

Healthy Lunch Box

1 tsp vanilla extract

1 cup fresh or frozen blueberries

Method

- Pre-heat the oven to 180°C. Prepare muffin tins by greasing with margarine or spraying with oil.
- 2) Combine flour, oats, sugar, baking powder and baking soda in a bowl.
- Combine yogurt, eggs, margarine and vanilla in a second bowl.
- Fold the yoghurt mixture into the dry mixture and stir to combine.
 Gently fold in blueberries.
- 5) Spoon into muffin tins and bake for 20-25 minutes or until the top is golden and springs back when touched.

 Cancer Council

healthylunchbox.com.au