



Apple and Cinnamon Muffins (egg free)

AMBER rating with the TSCA

Equipment:

12 hole muffin pan
12 muffin cases (optional)
Measuring cups
Measuring spoons
Measuring jug
Peeler
Grater
Sifter
2 mixing bowls
Whisk
Large metal or wooden spoon
Wire cake cooling rack

Makes 12

Ingredients

1 ½ cups self-raising flour
1 cup wholemeal self-raising flour
2 tsp cinnamon
½ cup brown sugar
¾ cup sultanas
2 apples, peeled and grated
2 tbsp margarine, melted
1 ¼ cups reduced fat milk
1 tsp vanilla essence
1 ½ tbsp water
1 ½ tbsp oil (e.g. olive, canola, sunflower)
1 tsp baking powder

Method

1. Preheat the oven to 180° Celsius.
2. Lightly spray the muffin pan or muffin cases, if using, with a little vegetable oil spray.
3. Sift the two flours and the cinnamon into a bowl (tip husks from the flour into the bowl too), then stir in the brown sugar, sultanas and grated apple.
4. In a separate bowl, add the melted margarine, milk, vanilla essence, water, oil and baking powder and whisk to combine.
5. Make a well in the centre of the flour mixture and pour in the milk mixture. Stir gently until the mixture is just combined; don't over mix or the muffins will be tough.
6. Spoon the mixture into the prepared muffin pan or muffin cases, if using.
7. Bake for 20 minutes or until the muffins are well risen and spring back when touched. Remove the pan from the oven and let the muffins rest for a few minutes before lifting them out onto a wire rack to cool.