



FAMILY COOKERY CLUB

Apple Spice Muffins

Makes 12 Muffins

Ingredients

- 250g plain flour
- 3 level teaspoons baking powder
- ½ teaspoon salt
- 1½ level teaspoons ground cinnamon or mixed spice
- 85g white granulated sugar
- 1 egg
- 90ml sunflower oil (or 85g melted butter/margarine)
- 160ml milk
- 2 large or 3 small eating apples, any type
- 80g raisins or sultanas (optional)
- 2 tablespoons demerara or brown sugar (optional)

Top Tips

- This recipe requires careful measurement of the ingredients.
- Use muffin cases rather than bun cases (they are larger).
- Don't over mix the batter.
- These muffins freeze very well and are great for packed lunches – simply take out of the freezer in the morning and they will defrost in the lunch box. However, if used fresh they should be eaten within a day or two.

Method

1. Prepare muffin tins and preheat oven to 195°C / fan oven 175°C / gas mark 5.
2. In a large bowl mix together flour, baking powder, salt, spice and sugar, using a metal spoon.
3. Measure out milk and oil in measuring jug, add egg and beat lightly.
4. Peel, core and finely chop the apples.
5. Pour wet mixture into dry and add the apple and raisins/sultanas. Stir until *just* combined, do not over mix.
6. Spoon into muffin cases and sprinkle with the demerara/brown sugar if using.
7. Bake for 20 – 25 minutes until tops are lightly browned. Allow to cool for several minutes to make removal easier.