

Apple Muffin

Makes 12 muffins

Ingredients	
125 ml milk	125g self raising flour
4 tbsp (60 ml) sunflower oil	50g wholemeal flour
1 egg	1 tsp (5g) baking powder
100g soft brown sugar	1 tsp (5g) mixed spice
2 (225g) dessert apples	

- **METHOD:**
- Preheat the oven to 180c, 350F, Gas 4.
- Line a muffin tin with 12 muffin cases.
- In a large bowl, beat the milk, oil, egg and sugar together. Peel core and grate the apples and stir into the mixture.
- In another bowl, mix the flours, baking powder and mixed spice. Make a well in the middle of the dry ingredients; gradually add the liquid combining it with the flour.
- Spoon the muffin mixture into the muffin cases and bake for 20 minutes, until they are golden.
- Transfer to a wire rack to cool



- ✓ Cook's tip- prepare extra apples and another fruit to make a puree for weaning diets. Apple muffins freeze very well
- ✓ FOR WHEAT FREE DIETS USE WHEAT FREE FLOURS
- ✓ FOR DAIRY FREE DIETS USE SOYA ALTERNATIVE TO MILK
- ✓ FOR EGG FREE DIETS USE ORGRAN EGG REPLACER

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
172	3	7	26	10	0.2	0.7	67