

Apple Muffins

Ingredients

- 125g self-raising flour
- 50g wholemeal flour
- 15ml spoon (level) baking powder
- 5ml spoon ground cinnamon
- 75g golden granulated sugar
- 100g oats
- 2 apples, peeled and chopped
- 2 medium eggs, beaten
- 200ml semi-skimmed milk
- 2 large ripe bananas, mashed
- 75g butter, melted
- ½ x 5ml spoon demerara sugar



Method

1. Heat the oven to gas mark 5. Place deep paper cases in a muffin tin.
2. Sift the flours, baking powder and cinnamon into a bowl; and add the sugar, and oats, reserving a 15ml spoon of oats.
3. Peel and chop the apples (carefully removing the pips) and add to the dry ingredients and mix.
4. Beat the eggs and milk together in a small jug (wet ingredients).
5. Peel, chop and mash up the banana with the melted butter to the jug of wet ingredients
6. Pour the combined wet ingredients into the bowl of dry ingredients.
7. Fold together until combined. DO NOT over mix or the muffins will be 'heavy'.
8. Spoon the mixture into the paper cases.

9. Mix the Demerara sugar with oats and sprinkle over each muffin. Bake in the oven for 15-20 minutes, until golden and firm.

Recipe taken from the flour and grain website