

Spiced Apple Muffins

Equipment needed

- Muffin trays
- Muffin cases
- Medium mixing bowl
- Small mixing bowl
- Measuring cups and spoons
- Scales
- Grater
- 2 dessert spoons

Ingredients

- 225 g self-raising flour
- 120g sugar
- ½ cup vegetable oil
- 1 egg
- ¾ cup milk
- 1 large (or 2 small) fresh apples
- ½ tsp cinnamon
- ½ tsp ground cardamom

Notes:

- This recipe makes 12 large muffins.
- Make 2 batches, so we have 24 muffins for the class to share.

Method

- Preheat oven to 180°C.
- Line muffin pans with paper cases.
- Wash apple and grate, leaving the skin on.
- Combine the flour, sugar, cinnamon and cardamom in the medium mixing bowl.
- Mix the grated apple through the flour mixture.
- In the small mixing bowl combine the oil, milk and egg, whisk to mix.
- Make a well in the dry ingredients and pour in the liquid mix.
- Use a spoon to gently fold the ingredients together until just combined. (Don't over-mix as the muffins will turn out tough).
- Use two dessert spoons to put mixture evenly into the prepared muffin cases.
- Bake for approximately 20 minutes, or until a skewer comes out clean and muffins are slightly brown on top.
- Stand cakes in pans for 2 minutes. Then transfer to a wire rack to cool.

Clean up!

Recipe Source: Stephanie Alexander's Apple and Cinnamon muffins (Kitchen Garden Cooking with Kids)