



Apple sultana and cinnamon muffins

Difficulty: Capable cooks

Type: Breakfast

Allergy advice: **Gluten, eggs and dairy**

Serves: about 15-20 small or mini muffins.

From the garden: Apples, eggs

Equipment:	Ingredients
Measuring cups	Cooking spray or butter for greasing.
Measuring spoons	1 1/2 cups plain flour
Peelers	3/4 Tbsp. Tbsp. baking powder
Whisk	1 1/2 tsp ground cinnamon
Graters	1/2 cup sugar
Large mixing bowl	2 apples peeled and grated
Small mixing bowl	90 gms butter melted and cooled
Cutting boards	2 eggs lightly whisked
Wooden spoon	1/2 cup of milk
Metal spoon	1/2 cup sultanas.

What to do:

1. Pre heat oven to 180 degrees. Prepare muffin tray by greasing and set aside for later. Prepare all the ingredients for your recipe from the produce table and the pantry. You will need to start by preparing your apples first.
2. Sift the plain flour, baking powder and cinnamon together in a large mixing bowl.
3. Peel and grate the apples and add to the flour mixture. Stir through the sugar and the sultana's.
4. In a small mixing bowl, whisk together the melted butter, milk and eggs until well combined.
5. Add the milk mixture to the flour mixture and mix with a wooden spoon until just combined. It is important that the mixture is only just combined. If the mixture is over-mixed the cooked muffins will have a tough texture.
6. Spoon mixture into prepared muffin tray using a metal spoon, filling each cup right to the very top. Bake for approximately 15 mins or until golden and cooked through. Muffins are ready when they spring back when lightly touched.

7. When cooked remove from oven and let stand for a few minutes before turning out onto a wire rack. Letting them stand makes them easier to remove from the tray.
8. Enjoy!

- **These muffins may be enjoyed with or without the sultanas, or using any other fruit that is in season using the same quantity of fruit.**
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