

Gluten- free apple muffins

Difficulty: Capable cooks

Type: Breakfast/dessert

Allergy advice: Eggs/Dairy

Source: Taste.com.au

Serves: 15 regular or 30 mini muffins

From the garden: Apples, eggs

Season: Any

<u>Equipment</u>	<u>Ingredients</u>
<ul style="list-style-type: none"> • Mixing bowl • Wooden spoon • Chopping boards and mats • Cooks knives • Peeler • Muffin trays • Graters • Wire whisk 	<ul style="list-style-type: none"> • 3 cups gluten free self-raising flour, sifted. • 2 ½ tsp ground cinnamon • 1 cup brown sugar • 1 ¼ cups milk • ¾ cup vegetable oil • 2 eggs lightly beaten • 2 pink lady apples, peeled and grated

What to do:

1. Pre-heat oven to 190 degrees.
2. Thoroughly grease the muffin trays and sprinkle a little gluten free flour in them. This will prevent the muffins from sticking during cooking.
3. Combine the flour, cinnamon and brown sugar in a mixing bowl. Stir with a whisk to combine and remove any lumps.
4. Make a well in the centre. Add the milk, oil and eggs.
5. Using a wooden spoon, stir the ingredients until just combined. Now gently Fold the grated apple through the mixture.
6. Spoon the mixture into the holes of the prepared muffin pan and bake for approx. 15 minutes, or until the muffins spring back when lightly touched.

NOTES: Do not overmix the muffin mixture, or they can become tough and chewy, rather than light and fluffy.