



Apple and Rhubarb Muffins

Equipment: Mixing bowl Wooden spoon Spoons Measuring spoons Measuring cups Small bowl Muffin cases Muffin tray Fork	Ingredients: 2 cups SR flour 1 tsp bi carb soda ½ cup brown sugar ¾ cup rhubarb, chopped 2 apples, grated 1 egg, lightly beaten ½ cup vegetable oil ½ cup milk or orange juice for dairy free option ½ teaspoon cinnamon ½ teaspoon mixed spice Olive oil spray	*Makes 12-16 large muffins
---	---	-----------------------------------

Instructions:

Preheat oven to 180 degrees.

Set out muffin papers on the muffin tray, spray lightly with olive oil spray.

Peel and grate apples.

Wash and chop rhubarb.

Crack egg into a jug and light beat with a fork.

In a large mixing bowl, add flour, soda, sugar, rhubarb, apple, egg, oil, milk, and spices.

Mix until just combined, adding a little extra milk if the mixture is too dry.

*Don't over mix or the muffins will not rise.

Fill the muffin cases about ½ to ¾ full.

Bake for about 20 minutes. Muffins will be ready when a skewer poked in the middle comes out clean and they are golden.

Allow to cool. Optionally, you can sprinkle some icing sugar on the cooked muffins.