

Apple Muffins

Ingredients

3 cups of self raising flour

1 cup of sugar

¾ cup of yoghurt

1 cup of milk

2 eggs

¾ cup of sunflower oil

1 teaspoon of cinnamon

3 apples

Method

oven 180c

- *Peel the apples. Cut into 1 cm dice.*
- *Mix the flour, sugar and spices in a large bowl.*
- *In a small bowl mix the yoghurt, milk, eggs and oil together.*
- *Pour the yoghurt mixture into the flour mix and gently combine. Add the apples.*
- *Be gentle, do not over mix.*
- *Spray the muffin tin very thoroughly with oil, add spoonfuls of mixture into the holes.*

Bake for 15-20 minutes.