

APPLE & HONEY MUFFINS



QUICK



HEALTHY

Apples are a good source of fibre, needed to keep our digestive system working effectively. Much of the fibre is in the skin so keeping the peel on boosts the nutrient content

FAMILY

Makes approx.
16 portions

MEALS

Snacks can keep us going between meals. These muffins will provide energy, fibre and nutrients.

INGREDIENTS

- 200g self-raising flour
- 115g SR wholemeal flour
- 1 tsp baking powder
- ¼ tsp bicarb of soda
- A pinch of salt
- 1 tsp cinnamon
- 100g coconut oil
- 450g apples
- 100ml almond milk
- 100g raisins
- 2 eggs
- 100g honey

METHOD

- 1) Turn on the oven to 180°C
- 2) Line your muffin tin with muffin cases
- 3) Sift the flour, baking powder, cinnamon and bicarbonate of soda into a large bowl
- 4) Melt the coconut oil in a pan and add
- 5) Wash and de-core the apples.
- 6) Cut into small chunks – no need to peel
- 7) Add to the flour mix
- 8) Add the almond milk
- 9) Add the eggs, honey and raisins
- 10) Mix well
- 11) Pour into the prepared muffin cases
- 12) Cook for 20-25 mins till a skewer comes out clean
- 13) Put on a cooling rack to cool slightly
- 14) Delicious eaten whilst still warm



@quickhealthyfamilymeals

To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com