

COURGETTE, APPLE & RAISIN MUFFINS



QUICK

Less than 15 mins

HEALTHY

Eating a variety of fruit and veg helps to ensure a balanced diet. These contain apple, courgettes and raisins

FAMILY

Makes 16 muffins

MEALS

Snacks can provide energy between meals. These contain fibre and vitamins

INGREDIENTS

- 150g self-raising flour
- 150g SR wholemeal flour
- ½ tsp baking powder
- ½ tsp bicarb of soda
- A pinch of salt
- 2 tsp cinnamon
- 350g courgette
- 1 large apple (approx. 125g)
- 90ml oil
- 140g raisins
- 2 eggs
- 100g honey or maple syrup

METHOD

- 1) Turn on the oven to 180°C
- 2) Grate the courgette and apple – no need to peel – just wash it
- 3) In a mixer mix the oil, maple syrup, vanilla essence and eggs
- 4) Then add the courgette and apple – mix gently together
- 5) In a separate bowl sieve the flours, baking powder, bicarbonate of soda, cinnamon and salt
- 6) Add to the wet mixture – mix gently
- 7) Add the raisins and mix – ensuring that they are evenly mixed
- 8) Prepare your muffin cases
- 9) Put 1 large tbs mixture into each one
- 10) Bake in the oven for 25-30 mins till a skewer comes out clean
- 11) Enjoy – Best eaten warm.
- 12) NB - They freeze really well.



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