

## Apple, Cinnamon and Date Muffins

**Serves:** 12

**Prep time:** 10 minutes

**Cook time:** 20 minutes



½ serve per portion

### Ingredients

2 apples, diced with skin on

1 carrot, grated

½ cup pitted dates, chopped

½ cup raisins

1 cup hot water

2 tablespoon olive oil

2 tablespoon vinegar (any sort)

1 teaspoon vanilla essence

½ teaspoon cinnamon

2 cups self-raising flour, wholemeal

2 cups self-raising flour

### Method

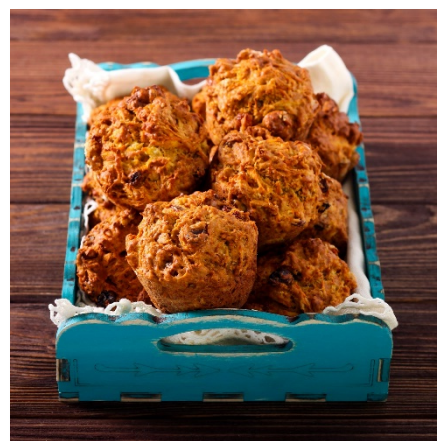
COMBINE apple, dates, raisins and hot water. Allow to cool.

ADD carrot, vinegar, oil and vanilla.

COMBINE cinnamon and flour and make a well. Pour in wet ingredients and combine well.

SPOON mixture into 12-hole muffin pan.

BAKE for 20 mins or until cooked through.



**Discretionary Food**

*Recipe courtesy of Eileen Crouch, Bowen Branch*