

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

Method

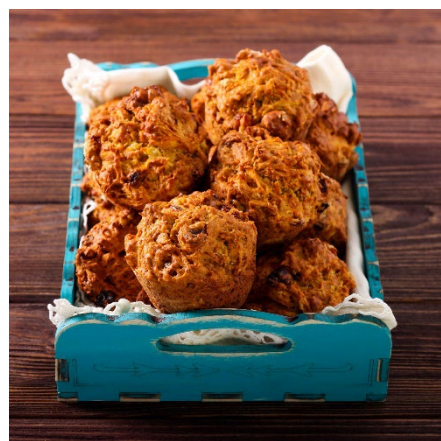
COMBINE apple, dates, raisins and hot water. Allow to cool.

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