

Apple and Strawberry Muffins

Serves: 12

Prep time: 5 minutes

Cook time: 20 minutes



½ serve per portion

Ingredients

1 ¼ cups wholemeal self-raising flour

½ teaspoon ground cinnamon

⅓ cup brown sugar

1 ¼ cup unsweetened apple purée

1 large egg, lightly beaten

3 tablespoons light olive oil

1 cup chopped fresh or frozen strawberries

½ cup dried apple, chopped

1 teaspoon vanilla extract



Discretionary Food

Method

PREHEAT oven to 180°C and line muffin tin with cases.

COMBINE flour, cinnamon, and sugar in a bowl.

MIX apple purée, egg, oil, and vanilla in a separate bowl.

ADD wet ingredients to dry and stir gently until just combined. Avoid over mixing.

FOLD in chopped strawberries and dried apple.

DIVIDE batter evenly into muffin cases.

BAKE for 20 minutes or until golden and a skewer inserted comes out clean.

COOL slightly before serving.

Recipe courtesy of the Country Kitchens team