



RECIPE OF THE MONTH



Apple & Sultana Bonfire Muffins

A delicious autumn muffin infused with the perfect combination of flavours; fresh apples, sweet sultanas and aromatic cinnamon. The muffins provide the perfect snack for breakfast and packed lunches.

For the Muffins

- 200g self raising flour
- 1tsp baking powder
- 50g wholemeal flour
- 100g golden caster sugar
- 1tsp cinnamon
- 2 eggs
- 100g sultanas
- 2 apples, grated
- 125ml semi-skimmed milk
- 4 tbsp sunflower oil

Method

- Heat the oven to 180°C / gas 4/
- In a large bowl mix together the self-raising flour, wholemeal flour, golden caster sugar, baking powder and cinnamon.
- In a separate bowl mix together the eggs, semi-skimmed milk and sunflower oil.
- Pour the wet ingredients into the dry ingredients and mix well, then stir in the apples and sultanas.
- Divide the mix between 12 muffin cases and bake for 25 minutes.
- Remove the muffins from the tray and allow to cool on a wire rack.