

SPICED APPLE MUFFINS

200g plain flour

1 tablespoon baking powder

1 teaspoon mixed spice

4 tablespoons raw sugar

1 egg, beaten

220ml milk

4 tablespoons butter, melted

2 apples, peeled, cored and chopped



Preheat oven to 200°C. Line muffin pans with paper cases.

In a large bowl, combine sifted flour, baking powder and mixed spice.

In another bowl, combine egg, sugar, milk and melted butter. Gently fold into the flour mixture until just combined. Gently fold in apple.

Spoon mixture into muffin cases. Bake for 20 minutes or until cooked when tested with a skewer.

Variation: Use 100g Plain Flour and 100g Wholemeal Plain Flour for a chewier lower GI muffin.

Adapted from: Essential Cooking Series: Baking (Hinkler Books)