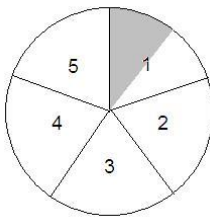


Healthier Muffins

Serves 8 fairy cake size

Portions of fruit & vegetables per serving: $\frac{1}{2}$



Oven needed



Allergen information:

Allergens are in bold.

Contains cereals
containing gluten

Contains egg

Contains milk

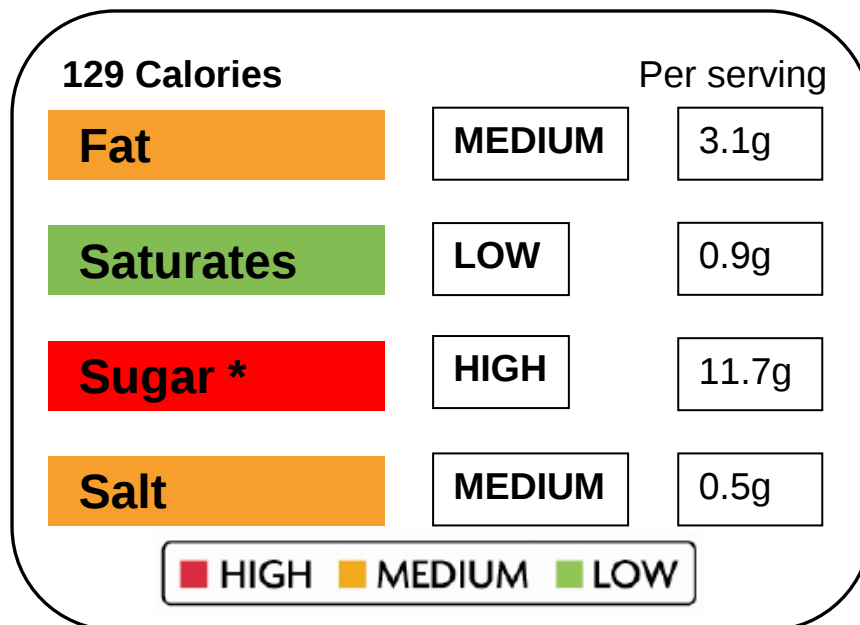
May contain sulphur
dioxide

Ingredients	Amount	Preparation
self raising flour	125g (5oz)	
baking powder	$\frac{1}{2}$ teaspoon	
egg	1 medium	beaten
caster sugar	40g ($1\frac{1}{2}$ oz)	
skimmed or semi-skimmed milk	150ml	
low fat margarine	40g ($1\frac{1}{2}$ oz)	melted
cinnamon	1 teaspoon	
apple	1 medium	
raisins	50g ($1\frac{1}{2}$ oz)	

Please Turn Over

Method

- 1 Preheat the oven to gas mark 4/ 180°C/ 350°F.
- 2 Sift the flour, baking powder and cinnamon into a large bowl.
- 3 In a separate bowl whisk together the sugar, milk, egg and melted margarine.
- 4 With a large spoon, quickly fold the wet ingredients into the dry ones for about 15-20 seconds. The mixture will look lumpy and uneven at this stage but this is fine.
- 5 Lightly stir in the fruit. Then spoon the mixture into paper cases until they are $\frac{3}{4}$ full.
- 6 Place on the top shelf of the oven and bake for about 15 minutes or until well risen and golden brown.
- 7 Remove from the tin and allow to cool on a wire rack.



* These sugars are 'natural sugars', which occur in foods such as fruit. Although all sugars can cause tooth decay, fruit has many benefits. Try to restrict foods high in natural sugar to mealtimes only, and cut down on foods high in 'added sugar' such as sweets, cakes and biscuits.

Handy Hints

- Try using different fruit e.g. chopped dates, dried apricots, dried cranberries, fresh or dried blueberries.