

Apple muffins

Serving Size:

Makes 12-18

Category:

Breakfast, Cakes and Baking, Healthy, Kids cooking, Lunch box

Special Info:

Gluten free

Ingredients:

- * 2 cups self raising flour
- * 1 teaspoon cinnamon
- * 1/2 cup caster sugar
- * 1/3 cup (80mL) olive or vegetable oil
- * 1 cup low fat natural yoghurt
- * 2 eggs
- * 1 red apple, grated
- * 1 cup pecans, chopped (or walnuts or almonds)
- * 1 cup dates, chopped

Method:

Preheat oven to 180C and place paper cases in muffin tray (12 large or 18 cupcake size).

Sift flour and cinnamon into large mixing bowl, add caster sugar.

In a glass jug, measure out oil (to 1/3 cup), add yoghurt (to 1 1/3 cup) and eggs, whisk to combine.

Pour liquid into dry ingredients and mix until just combined.

Stir in apple, pecans and dates.

Spoon mixture into paper cases.

Bake for 20-25 minutes until a skewer inserted into the muffin comes out clean.