

Apple & Walnut Muffins



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Preparation 20 mins | Cooking 25 mins | Makes 10

2 cups self-raising flour
1 tsp ground cinnamon
Pinch salt
¼ cup brown sugar
⅓ cup walnuts, chopped + 2 tbs extra for sprinkling
2 medium Golden Delicious apples
2 eggs, lightly beaten
100ml buttermilk or milk
150ml rice bran oil or canola oil

STEP 1 Preheat oven to 200°C/180°C fan-forced. Line ten holes of a ½-cup capacity muffin pan with paper muffin wrappers or paper cases.

STEP 2 Sift flour, cinnamon and salt into a large bowl. Stir in sugar and the ⅓ cup walnuts. Peel, core and cut apples into a 1cm dice. Stir apples through mixture.

STEP 3 Whisk eggs, buttermilk or milk and oil in a jug. Using a large metal spoon, stir egg mixture into dry ingredients until *just* combined. Spoon into prepared pan. Sprinkle with the extra chopped walnuts. Bake for 25-30 minutes until golden and cooked through when tested with a skewer. Cool in pan for 10 minutes then turn onto a wire rack. Serve warm or at room temperature.

Good for you... **APPLES**

A crunchy source of dietary fibre and also contains natural sorbitol. Both fibre and sorbitol help keep us - and especially kids - regular. Good source of vitamin C. Among its many functions, vitamin C contributes to healthy gums. Low GI which means the natural sugars in apples are digested slowly, releasing energy gradually.

