



Apple Cinnamon Muffins

Ingredients:

- 130 gm plain flour *
- 65 gm wholemeal flour *
- 250 gm apples
- 130 ml buttermilk
- 1 pinch salt
- 1 tsp ground cinnamon
- 60 ml cooking oil
- 125 gm caster sugar
- 2 tbsp baking powder
- 2 eggs
- 1 tsp vanilla extract (optional)

Method:

Pre heat your oven to 190C.

Line your muffin tray with muffin cases, or grease the inside of the tin with butter.

Put your flour into a large mixing bowl with the cinnamon, caster sugar, salt and baking powder, and stir together.

In a separate bowl, mix together your buttermilk, eggs and vanilla extract.



Peel and core your apples and cut into bite sized pieces.

Pour the wet mix into the dry mix and stir or whisk gently until fully mixed together.

Put the apples into the bowl and gently stir them in so they get covered in the cake mix.

Split the cake mixture evenly between your muffin cases.

Sprinkle some additional brown or white sugar on top of the cakes at this stage if you would like to.

Put the cakes into the oven for 25-30 minutes.

The cakes are cooked when a skewer comes out clean.

Let the cakes cool in the muffin tin.

NOTE – * If you are just using plain flour, then use 195 gm plain flour and leave out the wholemeal flour.

You can also add raisins or sultanas to the cake mix with the apple.