

APPLE AND CINNAMON MUFFINS

INGREDIENTS

220g SR Flour

½ cup dates, Pitted, soaked and finely chopped

Fresh thyme

1 tsp ground cinnamon

1 large apple

1 cup milk

1 egg

¼ cup veg oil

METHOD

Preheat the oven to 180c.

Oil the muffin trays, thoroughly.

Soak dates in hot water, once soft finely chop.

Grate the apple.

Remove the thyme leaves off the stems and finely chop.

Mix dry ingredients together.

Add milk, oil, apple, dates, thyme and egg. Mix.

Spoon into muffin tins.

Cook for approx 20 mins.