

APPLE AND CINNAMON MUFFINS

INGREDIENTS

220g SR Flour

½ cup dates, Pitted, soaked and finely chopped

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.

Mix dry ingredients together.

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

Spoon into muffin tins.

Cook for approx 20 mins.