

SPICED APPLE MUFFINS

Equipment needed –

2 x 12 hole muffin tins, electric mixer, paper liners, metric measuring cups (1 cup, ½) measuring spoons (1/2, 1) electric scales, chopping boards, small knives, large bowl, measuring jug and wire racks.

Ingredients from the Garden –

- 4 medium apples, unpeeled and cut into small pieces
- 4 eggs

Ingredients from the Pantry –

- ½ cup of white sugar
- 1 cup of brown sugar
- 80g unsalted butter, softened
- 2 teaspoons of vanilla extract
- 2 cups of plain flour
- 2 cups of whole meal flour
- 4 teaspoons of baking powder
- 4 teaspoons of cinnamon
- 1 teaspoon of ground ginger
- ½ teaspoon of ground nutmeg
- 1 teaspoon of salt
- 1 cup of milk
- Oil spray

What to do –

1. Preheat the oven to 200 °C. Spray 2 muffin tins with oil spray and line the muffin tins with the paper liners.
2. Measure out the sugar and place in the electric mixer bowl.
3. Measure out the butter using the electric scales and place in the electric mixer bowl with the sugar. Mix on high until the butter and sugar resembles fluffy icing. About 1 minute.
4. Crack the eggs one at a time into a small bowl and add to the mixer one at a time, mixing for a minute each.
5. Measure out the vanilla extract and add to the mixer and combine.
6. Meanwhile wash and cut the apples into small pieces.
7. Measure out the milk into a measuring jug and set aside.
8. Measure out the flours, baking powder, spices and salt into a separate large bowl and mix to combine.
9. With the mixer on a low speed, add a third of the flour mixture, in with the butter/sugar mix, followed by a third of the milk. Continue alternating between the flour and the milk mixing until all of the flour is incorporated. DO NOT OVER MIX.
10. Scrape the sides of the bowl with a spatula and stir gently to mix in the last of the flour. Add the apples all at once and fold them into the batter.
11. Spoon the mixture into the muffin tins and sprinkle with cinnamon sugar mixture.
12. Place the muffin tins into the oven and bake for 20-25 minutes or until the tops of the muffins look cracked and a toothpick inserted into the middle comes out clean.
13. Cool on a wire rack then divide onto 3 serving platters.

Serves –

- 28 students.