

Apple & Rhubarb Muffins

Makes approx. 20 muffins.

Equipment:

2 muffin trays & paper cases
Measuring cups & spoons
Large mixing bowl
Medium mixing bowl
Wooden spoon
Whisk
Peeler
Chopping board
Paring knife
Dessert spoons (2)
Wire cooling racks (2)

Ingredients:

1 cup brown sugar
2/3 cup vegetable oil
2 eggs
2 tsp. vanilla essence
3 cups plain flour
1 tsp. baking powder
Pinch salt
1 cups chopped apple
1 cup chopped rhubarb
1 cup sour milk / buttermilk

What to do:

- Preheat oven to 180° and prepare muffin trays with paper liners.
- Peel and core the apples, chopping the fruit into small chunks. Set aside in the medium bowl.
- Wash and dry the rhubarb stems, then trim the ends away. Cut the remaining stalk into bite sized chunks and add to the chopped apple.
- In a large mixing bowl, whisk the eggs, sugar, oil and vanilla together.
- Add one third of the flour to the mixing bowl and stir well with a wooden spoon, then add ½ the milk.
- Add the baking powder and salt.
- Add another third of the flour, followed by the other half of the milk and stir well.
- Then add the remaining flour.
- When the muffin batter is well combined, fold through the chopped fruit.
- Spoon the mixture into the prepared muffin trays, filling each hole about two thirds full.
- Top each muffin with a sprinkle of raw sugar and cinnamon.
- Place in the oven and bake for 20-25 minutes or until golden.
- Remove from the oven and place on wire racks to cool.

TIP: Eggs in recipes can be replaced with ¼ cup mashed banana per egg.