

Apple and Raisin Muffins

breakfast > **Apple and Raisin Muffins**

Serve the muffins warm with Greek Yogurt style and maple syrup or jam (of your choice).



serves **6 large muffins**.
Ready in approx. **35 minutes** (+cooling)

Shopping LIST:

2 apples, **150g** wholemeal flour + **2 tbsp.** extra, **150g** rolled oats, **100g** raisins, **2 tsps.** baking powder, **1 tsp.** bicarbonate of soda, **3 tsps.** of ground cinnamon, $\frac{1}{4}$ grated nutmeg, a good pinch of sea salt, **2** eggs, **120ml** maple syrup, **80ml** whole milk, **120g** Greek style yogurt (2%fat); **6-hole** muffin pan, greased.

Method:

- Preheat the oven to 180°C fan.
- Peel, core and dice 1 apple. Add it in a small saucepan with 4 tablespoons water. Bring to the boil, then simmer until completely soft. Mash the apple with a fork and set it aside to cool.
- In a large bowl, stir together the flour, oats, raisins, baking powder, bicarbonate of soda, cinnamon, nutmeg and salt. Add the eggs, yogurt, mashed apple, maple syrup and the apple (peeled, cored and chopped). Mix together.
- Spoon the mixture into the prepared muffin pan. Bake in the preheated oven for about 25minutes. A skewer should come out pretty much clean, but if comes out with a bit of the muffin mixture on the skewer is OK, as it will continue to cook a little while cooling.
- While muffins are still hot, in a small bowl, combine 2 tsps. of caster sugar with $\frac{1}{2}$ juice of a lemon. Using a brush, spread the syrup on each muffin and let it cool for 5 minutes.
- Serve the apple and raisin muffins warm with Greek Yogurt style and maple syrup or jam (of your choice). A perfect idea for your next breakfast time.

"bon appétit"



AlbertKitchen.com