

Kay's Spiced Apple Muffins



Makes 12 Muffins

Prep Time : 15minutes + Cooling

Cooking Time : 25 Minutes

Recipe :

Ingredients :

100g Dehydrated Apple Flakes

300g self-rising flour

1 teaspoon ground cinnamon

Pinch of grated nutmeg

½ teaspoon ground ginger

165ml soft brown sugar

Pinch of salt

1 egg

60ml butter melted

250ml milk

Method :

1. Decide on a. to use dried apple flakes “as-is” or b. to rehydrate the dried apple flakes. (To rehydrate ; Add 250ml of cold water to a bowl, add 100g dried apple flakes and leave to rehydrate ± 30minutes.)
2. Preheat oven to 180°C
3. Grease a 12-hole muffin tin
4. Mix together : Flour, cinnamon, nutmeg, ginger, sugar and salt.
5. In a separate bowl , whisk the egg, butter and milk.
6. Combine the mixtures and then add the apple flakes (dry or rehydrated)
7. Use $\frac{1}{3}$ cup to fill muffin holes
8. Bake muffins for 25 minutes until they are risen and golden. Leave the muffins for 10minutes to cool in the tin. Remove muffins carefully from tin and place on wire rack to cool down.
9. Serve warm or at room temperature.