

## Apple and Cinnamon Muffins



### Ingredients:

- 1 cup apple sauce
- 2 eggs slightly whisk ( egg replacement option )
- 2/3 cup milk (Vegan/Lactose option)
- 1/3 cup oil
- 2 tsp cinnamon
- 2 cup self-raising flour ( G.F option )
- 2 apples (grated)

### Instructions:

1. Preheat the oven to 180. Line muffin trays with patty cakes.
2. Wash apples then grate with grater leaving the skin on.
3. In a medium bowl whisk together the apple sauce, eggs, milk, oil and cinnamon.
4. Stir in the flour, mix lightly with a wooden spoon until just combined.
5. Gently stir through the grated apples.
6. Portion into mini muffin tins.
7. Bake for approximately 15 minutes.
8. Allow to cool in the tin until cool enough to handle, remove from the tin.
9. Wash and dry dirty dishes and utensils. Wipe down work bench and sink.

## Step by Step Instructions:

1. Line muffin trays with patty cakes.



2. Wash apples then grate both with grater leaving the skin on.



3. In a medium bowl whisk together the apple sauce, egg, milk, oil and cinnamon.



4. Stir in the flour, mix lightly with a wooden spoon until just combined. Then gently stir through the grated apple.



5. Portion into mini muffin tins and bake for approximately 15 minutes.



6. Wash and dry dirty dishes and utensils. Wipe down work bench and sink.

