

Autumn Feast Muffins

INGREDIENTS

½ large eating apple
½ large carrot
25g raisins
100g self-raising flour
25g porridge oats
50g soft brown sugar
1 x 2.5ml spoon bicarbonate of soda
1 x 2.5ml spoon ground cinnamon
43ml sunflower oil
1 eggs
100ml semi-skimmed milk
250ml apple juice
1 x 2.5ml spoon vanilla extract

Topping

8g porridge oats
8g Demerara sugar

(divided by 2)

METHOD

1. Preheat the oven to 200°C/180°C fan or gas mark 6.
2. Put the paper cases into the muffin tin.
3. Wash the apple and cut it into quarters. Remove the core and cut the quarters into 1cm cubes. Put the apple pieces onto a plate.
4. Wash the carrot and chop the ends off (top and tail). Peel and grate the carrot onto the plate.
Add the raisins.
5. Mix together the dry ingredients (flour, porridge oats, sugar, bicarbonate of soda and ground cinnamon) in a mixing bowl.
6. Place the oil in the measuring jug, add eggs and beat.
7. Add milk and apple juice this to the oil and egg mixture.
8. Add the vanilla extract to the wet ingredients.
9. Add the chopped apple, grated carrot and raisins to the dry ingredients and mix well.
10. Pour the wet ingredients into the dry ingredients and stir until combined.
11. Spoon the mixture into the paper cases.
12. To make the topping, mix the Demerara sugar and porridge oats together and sprinkle onto the muffins.
13. Place the muffins into the preheated oven and cook for 16 minutes or until golden and springy when touched.