

Date and Apple Cone Muffins

Recipe from Churchlands Primary School

Traffic light category: **Amber**

Serves: 12 (60g each)

Ingredients

- 1 cup dates, finely chopped
- 1 cup reduced fat milk
- 1 cup self raising flour
- $\frac{1}{3}$ cup cocoa powder, unsweetened
- $\frac{1}{3}$ cup dark brown sugar
- 1 medium apple, grated, excess moisture squeezed out
- 2 eggs
- 12 flat bottomed ice cream cones

Method

1. Preheat oven to 160° C
2. Place dates and milk in a microwave safe bowl. Cook for two minutes on high and let cool slightly
3. Sift the flour and cocoa into a large bowl. Add sugar and mix to combine
3. Add grated apple and eggs to cooled date mixture and mix lightly
4. Add the wet mixture to the sifted items and mix
5. Place approx 2 tablespoons of batter in each cone (weight will be approximately 65g)
6. Cook for 20 - 25 minutes or until an inserted skewer comes out clean.
7. Dust with icing sugar and top with fresh strawberry if desired.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	535kJ	892kJ
Protein	3.58g	5.96g
Total fat	1.33g	2.22g
Saturated fat	0.52g	0.86g
Carbohydrate	24.58g	40.96g
Sugars	13.63g	22.71g
Dietary fibre	2.25g	3.76g
Sodium	113mg	189mg



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