

Apple pie muffins

Recipe adapted from kidspot.com.au

Traffic light category: **Amber**

Serves: 12 (approximately 100g serve)

Ingredients

- 1¼ cups self raising flour
- ¾ cup wholemeal self raising flour
- ¾ cup sugar
- 1 teaspoon ground cinnamon
- 1 egg, beaten
- ¾ cup reduced fat milk
- ⅓ cup canola oil
- 1 teaspoon vanilla extract
- 1 x 420g tin pie apple, chopped into small pieces

Method

1. Preheat oven to 180°C fan forced, 200°C conventional
2. Line a 12 cup muffin tray with patty pans or greaseproof paper
3. In a medium bowl, combine flours, sugar and cinnamon
4. In a jug, combine egg, milk, oil, vanilla and half the apple pieces
5. Fold wet ingredients into dry ingredients using a spatula until just combined, be careful not to overmix or the muffins will be tough and heavy
6. Using a ⅓ cup measure, fill each muffin cup, smooth over the top
7. Spoon remaining pie apple evenly over each muffin and sprinkle with a little additional ground cinnamon
8. Bake for 20-25 minutes. Leave to cool in the tray for 5 minutes, transfer onto a wire rack to cool.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	899kJ	917kJ
Protein	3.44g	3.5g
Total fat	7.2g	7.3g
Saturated fat	0.79g	0.81g
Carbohydrate	34.0g	34.7g
Sugars	17.3g	17.6g
Dietary fibre	1.81g	1.85g
Sodium	269mg	274.mg



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