



Date and Apple Cone Muffins

Recipe from Churchlands Primary School, Published, 2023

Traffic light category: Amber Serves: 12 (60g each)

Ingredients

- 1 cup dates, finely chopped
- 1 cup reduced fat milk
- 1 cup self raising flour
- 1/3 cup cocoa powder, unsweetened
- 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
4. Add grated apple and eggs to cooled date mixture and mix lightly
5. Add the wet mixture to the sifted items and mix
6. Place approx 2 tablespoons of batter in each cone (weight will be approximately 65g)
7. Cook for 20 - 25 minutes or until an inserted skewer comes out clean
8. Dust with icing sugar and top with fresh strawberry if desired.



 wasca@education.wa.edu.au

 08 9264 4999

 waschoolcanteens.org.au

