

Lemon apple muffins

For 12 average muffins

Dry ingredients

1 cup flour

1 cup rolled oats

¾ cup sugar

2 tsp baking powder

1 tsp baking soda

½ tsp salt

Wet ingredients

25g butter - melted

1 cup packed grated unpeeled apple

Grated rind & juice 1 lemon

About ¾ cup milk - add to lemon juice to make ¾ cup liquid

- Thoroughly mix dry ingredients in large bowl. In a smaller bowl mix melted butter and rest of wet ingredients. Pour wet mix into dry and stir to combine. Do not over-mix.
- Place in a non-stick muffin tray lightly sprayed with baking spray.
- Bake at 200°C for 10-12 minutes until golden, and top of muffin bounces back when pressed. Leave to cool for 10 minutes or so before turning out.
- These do not need buttering; they are moist and nice enough without.