

Apple and Carrot Muffins

Ingredients

- 1 ¼ cups SR Flour
- 2/3 cup Bran
- 1 egg
- 1 Tablespoon lemon juice
- 50 grams tinned apples (chopped)
- 1/3 cup brown sugar
- 1 teaspoon cinnamon
- 30 ml oil
- 150 ml juice from apples or apple sauce
- 1 cup grated carrot
- Optional extra dried fruit

Instruction

1. Heat Oven 180°C and spray oil muffin tray
2. Sift flour and dry ingredients. Beat egg, add lemon juice and apples and carrots. Add wet mixture to dry. Mix lightly. Fill muffin cavities to ½ way.
3. Place in oven 15-20 minutes until risen and golden.
4. Allow to cool.