



Apple and Pecan Muffins with Honey Butter

A divine breakfast treat now that the weather is getting cooler! Pink Lady apples are ideal for baking because of their superior flavour and firm texture.

Serves: 18-20



Ingredients:

- ♥ 2 extra large eggs
- ♥ ½ cup (125 ml) canola oil
- ♥ 1½ cups (375 ml) plain yoghurt
- ♥ 1 x 700 g Ina Paarman's Muffin Mix with Raisins and Bran
- ♥ 1 T (15 ml) cinnamon
- ♥ 2 Pink Lady apples, grated coarsely, with skin on
- ♥ ½ cup (50 g) pecan nuts, chopped

HONEY-BUTTER

- ♥ ½ cup (125 g) salted butter
- ♥ 1 T (15 ml) grated lemon rind
- ♥ ¼ cup (60 ml) pure honey

Method:

Preheat oven to 180°C and adjust oven rack to middle position. Butter two muffin pans. Remove the raisin-bag from the muffin foilpacket and pour boiling water over the raisins to plump them up. Drain immediately and set aside to swell. Beat eggs and oil for 2 minutes on high speed until well blended. Add yoghurt and beat for 1 minute on high speed. Add contents of pack, cinnamon, drained plumped raisins, grated apple (with all the juice) and stir by hand with a wooden spoon ± 40 times until uniformly blended. (Do not beat). Spoon mixture into muffin pans. Sprinkle chopped nuts over the top of each unbaked muffin. Bake for about 30 minutes. Serve with honey-butter.

HONEY-BUTTER

Soften the butter in a smallish mixing bowl. Cream in the lemon rind and honey. Can be refrigerated until serving time.

Quick Tips

Patient in the home? Grate Pink Lady apples and leave for 15-20 minutes until they oxidise and change colour. These apples are now even easier to digest. Serve them with yoghurt or use in a smoothie.

Active athlete to cater for? Nothing better than a high protein boost of yoghurt, frozen banana and Pink Lady apples.



Created by



Pink Lady®

Make healthy living a part of your active lifestyle with Pink Lady® - naturally!

