



## Pink Lady® Apple Healthy Muffins

Makes approx. 18



Created by :

Burpees and Biscuits

### Ingredients:

- ♥ 1 ¾ cups whole wheat flour
- ♥ 1 ½ teaspoons baking powder
- ♥ 1 teaspoon cinnamon
- ♥ ½ teaspoon baking soda
- ♥ ½ teaspoon salt
- ♥ 1 cup grated apple
- ♥ 1 cup apple diced
- ♥ ½ cup melted coconut oil or extra-virgin olive oil
- ♥ ½ cup honey
- ♥ 2 eggs
- ♥ ½ cup plain double cream yoghurt
- ♥ ½ cup applesauce
- ♥ 1 teaspoon vanilla essence
- ♥ ½ cup raisins

### Method:

1. Heat oven to 180°C.
2. Preheat oven to 160 Degrees Celsius. Spray and line a muffin tray.
3. In a large mixing bowl, combine the flour, baking powder, cinnamon, baking soda, salt and raisins. Blend well with a whisk.
4. Add the grated and chopped apple and stir to combine.
5. In a medium mixing bowl, combine the oil and honey and beat together with a whisk.
6. Add the eggs and beat well, then add the yogurt, applesauce and vanilla and mix well.
7. Pour the wet ingredients into the dry and mix with a big spoon, just until combined (a few lumps are ok). The batter will be thick.
8. Divide the batter evenly between the muffin cups. Bake muffins for 13 to 15 minutes, or until the muffins are golden on top.
9. Place the muffin tin on a cooling rack to cool.

*Pink Lady*®

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

