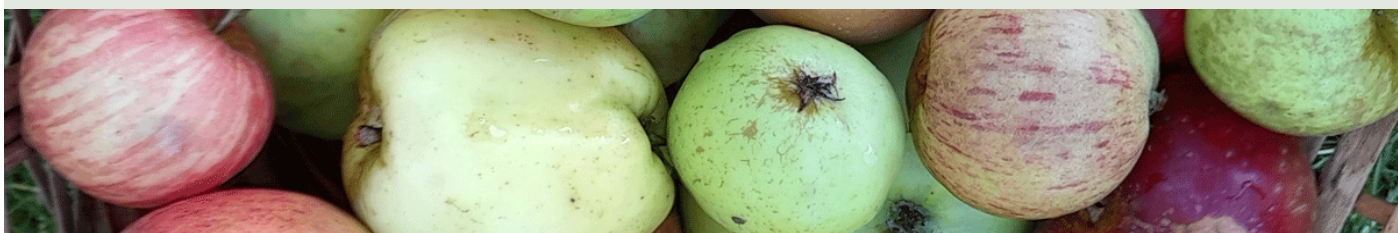


# Leominster Living Orchard

## Apple Recipes, Activities, Stories & Poems



### **RECIPE:** Apple Muffins

#### **Ingredients**

- 1 tsp ground cinnamon
- 150g self-raising flour
- 3 dessert apples, peeled, cored and chopped finely
- pinch salt
- 120ml milk
- 1 egg, beaten
- 50g melted butter
- 40g brown sugar

#### **Method**

- Preheat oven to 180c. Prepare muffin cases in tin.
- Sieve flour, add salt and cinnamon and mix.
- Melt butter, add the sugar and mix.
- Gently fold in the milk, butter/sugar mixture, and beaten egg.
- Fold in apple pieces.

- Put in muffin cases.
- Bake for 25-30 minutes, until fork comes out cleanly.
- Tip – add raisins, blackberries, chopped dates or chopped nuts or use pear instead of apple

