



Fruity Muffins

Serves: 12. Recipe from healthyfoodguide.com.au
Time to make: 30 mins, prep 15 mins, cook 15 mins

Ingredients

2/3 cup orange juice
2 small Royal Gala or Fuji apples, unpeeled, cored, diced
1 medium ripe banana, lightly mashed
1/4 cup raisins
1 1/2 cups wholemeal flour
2 teaspoons baking powder
1/4 teaspoon ground cinnamon
1 egg, lightly beaten
1/4 cup canola oil
2 heaped tablespoons roughly chopped walnuts



Instructions

Step 1 Preheat oven to 180°C. Grease a 12-hole muffin pan. Pour orange juice into a saucepan. Heat over medium heat. Add apple, banana and raisins. Simmer, stirring occasionally, for 5 minutes or until apples are soft. Allow to cool.

Step 2 Sift flour, baking powder and cinnamon into a large bowl. In small bowl, combine egg and oil. Add walnuts, egg mixture and cooled apple mixture to flour. Combine, but don't overmix. (If batter is too dry, add more juice; if too wet, add rolled oats.)

Step 3 Spoon batter into prepared pan. Top each muffin with a walnut. Bake for 15–20 minutes or until a skewer inserted into centre comes out clean. Cool on a wire rack.

These healthy fruity muffins would be great to pack for a picnic or for an after school snack!