



Muffins Apple & Raisin

This recipe will make 10 muffins, preparation time of 15 minutes, cooking for 20 - 25 minutes with an oven set for 190oC/180oC Fan/375oF Gas Mark 5

Ingredients

Fruit Mix

225g/8oz Glutafin Gluten Free Multipurpose Fibre Mix

2 medium cooking apples, peeled cored and diced, to give 275g/10oz of prepared apple.

110g/4oz Butter

4 x 15ml tbsp, light brown sugar

110g/4oz of soft light brown sugar

125g/4½ oz of raisins

Ingredients

Cake

225g/8oz Glutafin Multipurpose Fibre Mix

1 ½ x 5ml tsp gluten free baking powder

1 x 5ml tsp of ground mixed spice

2 Medium eggs, lightly whisked

Topping

25g/1oz Demerara sugar

Method

1. Microwave the prepared apple, butter and water, in a suitable covered bowl for 5 - 6 minutes, to soften the apple.
2. Add the raisins and cook in the microwave, for a further 5 - 6 minutes, until the apple is soft. Stir the set aside for an hour.
3. Mash any remaining apple pieces into a puree.
4. Place the remaining cake ingredients into a large mixing bowl and stir in the cooked fruit mix.
5. Beat together with a wooden spoon and spoon into 10 muffin cases, resting in a muffin tray.
6. Sprinkle over the individual muffins, the Demerara sugar and bake until golden and risen.
7. Once cooked store in an airtight container and eat within 4 days. Or to eat, then serve warmed with custard.

You may freeze in an airtight freezing bag, for 1 month.