

Apple and Raisin Tray Bake

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

Ingredients

Fruit Mix

2 medium cooking apples (peeled cored and diced) to give 275g/10oz of prepared apple
110g/4oz butter
4 x 15ml tbsps of water
110g/4oz of soft light brown sugar
125g/4 ½ oz of raisins

Cake

225g/8oz of Glutafin Select Multipurpose Fibre Mix
1 ½ x 5ml tsp of Gluten-Free baking powder
1 x 5ml tsp of ground mixed spice
2 medium eggs (lightly whisked)

Topping

25g/1oz of Demerara sugar

Method

1. Microwave the prepared apple, butter, water and sugar in a suitable covered bowl for 5 - 6 minutes, to soften the apple.
2. Add the raisins and cook for a further 5 - 8 minutes, until the apple has softened and is cooked.
3. Now stir and set aside for an hour, mash any remaining pieces of apple into a puree.
4. Then place the remaining cake ingredients into a large mixing bowl and stir in the fruit mix.
5. Beat together with a wooden spoon and spoon into 10 muffin cases, resting in a muffin tray.
6. Sprinkle each muffin with the Demerara sugar and bake in the oven until golden and risen.
7. Once all are cooked store in an airtight container and eat cooked within 4 days.