

APPLE CINNAMON MUFFINS

Ingredients:

(Makes 6 muffins):

1 egg, beaten

40 g sugar (organic coconut blossom sugar)

120 ml milk (rice milk)

50 g unsalted butter, melted

200g refined spelt flour

½ tablespoon baking powder

pinch of salt

½ t ground cinnamon

2 small apples, peeled, cored and finely chopped

For the topping:

Sugar/coconut blossom sugar

ground cinnamon

Method:

Preheat the oven to 200 degrees C. Line six medium sized muffin tins with paper cases. Mix the egg, sugar, milk and melted butter in a large bowl. Sift in the spelt flour, baking powder, salt and cinnamon. Add the chopped apple and mix roughly. Spoon the mixture into the prepared muffin cases. To make the topping, mix sugar with the cinnamon. Sprinkle over the uncooked muffins. Bake for 30 - 35 minutes, until well risen and golden brown. Transfer to a wire rack to cool. Serve immediately

Cook's tip: Do not over mix the muffin mixture - it should be lumpy.