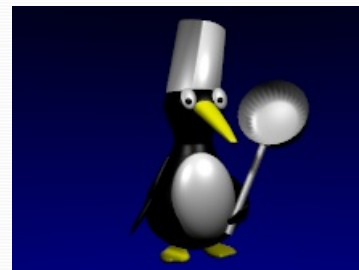


Apple muffins



Categories: Muffins

Yield: 12 muffins

Ingredients

Amount	Ingredients	Preparation
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Dry ingredients

2	cup	flour	
1	tsp	baking soda	
1	tsp	baking powder	
3	tsp	mixed spice	
1	tsp	cinnamon	
1	cup	brown sugar	

wet ingredients

1 1/4	cup	apple	grated
75	g	butter	melted
1	cup	sultanas	
2	tsp	golden syrup	
1	tsp	vanilla essence	

Instructions

Sift all dry ingredients but sugar. Mix sugar in.

Melt butter with apple (to partially stew the apple). Add the rest of the wet ingredients and mix well, heating further in microwave as needed.

Add wet ingredients to dry, and mix until just damp.

Spoon into greased muffin tins, and bake for 15?20 minutes at 200°C.