

## Gingerbread and Apple Muffins

These tasty muffins are dark and rich. Make them for a treat on a cold day!



Egg, milk, sulphites and wheat (gluten)\*

Nutritional information per muffin (86g):

Energy 832kJ 198kcal 10%	Fat 8g 11%	Saturates 1.3g 6%	Sugars 14g 16%	Salt 0.49g 8%
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of an adult's reference intake.  
Typical values per 100g: energy 967kJ/230kcal.

### Equipment

Weighing scales  
12-hole muffin tin  
Paper muffin case x 12  
Vegetable peeler  
Chopping board  
Sharp knife  
Juice squeezer  
Small bowl  
Measuring spoons  
Mixing bowl  
Wooden spoon  
Measuring jug x 2  
Fork  
Oven gloves  
Wire rack

### Ingredients

**Makes 12 muffins**  
2 eating apples  
1 lemon (juice only) OR  
bottled lemon juice  
250g self-raising flour  
50g golden caster sugar  
50g soft dark brown sugar  
1 x 5ml spoon bicarbonate  
of soda  
2 x 5ml spoons ground  
ginger  
1 x 5ml spoon ground  
cinnamon  
85ml sunflower oil  
2 x 15ml spoons black  
treacle  
2 eggs  
200ml semi-skimmed milk

\*Presence of allergens can vary by brand  
– always check product labels. If you  
serve food outside the home you must  
make allergen information available  
when asked.



### Top Tips

- Rinse your measuring spoon under a hot tap before measuring out the black treacle. This will help to stop it sticking to the spoon.
- Make sure the wet ingredients are mixed together thoroughly before adding to the dry mixture.

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### Method

1. Preheat the oven to 200°C/180°C fan or gas mark 6.
2. Put the paper cases into the muffin tin.
3. Peel and core the apples then chop into small 1cm pieces. Cut the lemon in half and squeeze the juice.
4. Place apple pieces in the small bowl and toss in lemon juice. This will stop them from going brown.
5. Mix together the dry ingredients (flour, sugar, bicarbonate of soda, ginger and cinnamon) in a mixing bowl.
6. Place the oil in the measuring jug. Add the black treacle.
7. Beat the eggs separately in a second measuring jug and add to the oil. Rinse out the jug.
8. Measure out the milk and add to the oil and egg mixture.
9. Pour the wet ingredients into the dry ingredients and stir until combined.
10. Fold in the apple pieces.
11. Spoon the mixture into the paper cases.
12. Bake for 15–20 minutes, until risen and just golden.
13. Cool on the wire rack. Serve warm.

### Something to try next time

- Try using pears instead of apples.
- Add 75g of raisins with the apples.

### Prepare now, eat later

- Muffins are delicious eaten warm from the oven, but can be kept in an airtight container for up to 2 days.
- Freeze for up to a month and defrost thoroughly before eating.

### Skills used include:

Weighing, measuring, peeling, chopping, beating, mixing/combining, folding and baking.