



PARSNIP & APPLE MUFFINS

INGREDIENTS

75g white self raising **flour**

75g wholemeal self raising **flour**

60g light brown sugar

1 medium parsnip - grated

1 dessert apple - grated

1 teaspoon mixed spice

8 dessertspoons **milk**

6 dessertspoons tablespoons vegetable oil

1 medium **egg** - beaten

1 dessertspoon porridge **oats**

EQUIPMENT

muffin cases, muffin tin,
mixing bowl, weighing scales,
grater, teaspoon,
dessertspoon, spatula,

MAKES: 6

PREP TIME: 20 minutes
25-30 minutes

ALLERGENS: egg, cereals containing gluten,
milk

METHOD

- 1 Heat the oven to 190°C/Gas5. Prepare the muffin tins by lining with muffin cases.
- 2 In a large bowl, mix together the flour, sugar, parsnip, apple and mixed spice.
- 3 In a jug, measure the milk and oil. Then add the egg* and lightly beat together with a fork. (*Always wash your hands thoroughly after handling raw eggs.)
- 4 Pour all of the liquid ingredients into the dry ingredients. Stir with a tablespoon until only just combined, scraping the sides and bottom of the bowl as you stir. Be careful not to over mix.
- 5 With a dessertspoon, $\frac{3}{4}$ fill each muffin case with the mixture and sprinkle the top with a some porridge oats (if using). Bake for 20 – 25 minutes until well risen, golden brown and they spring back when touched.

HANDY HINT!

- ✿ These muffins can be frozen. So why not make a double batch and free some for a later date!