



Traffic light category: **Amber**

Serves: 24 regular muffins (50g) or 48 mini muffins (15g)

## Ingredients

- 1¼ cups self raising flour
- ¾ cup wholemeal self raising flour
- ¾ cup sugar
- 1 teaspoon ground cinnamon
- 1 egg, beaten
- ¾ cup reduced fat milk
- ½ cup canola oil (or margarine melted)
- 1 teaspoon vanilla extract
- 1 x 420g tin pie apple, chopped into small pieces.

## Method

1. Preheat oven to 170°C fan forced
2. Line a 12 or 24 cup muffin tray with patty pans or greaseproof paper
3. In a medium bowl, combine flours, sugar and cinnamon
4. In a jug, combine egg, milk, oil, vanilla and two-thirds of the apple pieces
5. Fold wet ingredients into dry ingredients using a spatula until just combined, be careful not to overmix or the muffins will be tough and heavy
6. Fill each muffin cup to three quarters full
7. Spoon remaining pie apple evenly over each muffin
8. Regular muffins - bake for 15-17 minutes; or Muffin bites - bake for 10 minutes
9. Transfer onto a wire rack to cool.

*Recipe adapted with permission from the Western Australian School Canteen Association Inc.*

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