

HEALTHY SNACK RECIPES



Mini apple and banana muffins

Ingredients (Serves 12)

- 150g plain flour
- 1 ½ teaspoons baking powder
- 50g caster sugar
- 100ml semi-skimmed milk
- 1 egg
- 1 teaspoon vanilla extract
- 40g low-fat spread, melted
- 1 small apple, peeled, cored and chopped
- 1 small banana, mashed

Equipment

Measuring spoons, bowl, mixing spoon, muffin forms, a pan, a sharp knife, oven safe tin.

Method

1. Preheat the oven to 200°C, fan oven 180°C, gas mark 6. Put 12 paper bun cases into a bun tray.
2. Sift the flour and baking powder into a mixing bowl, then stir in the sugar.
3. In a jug, beat together the milk, egg, vanilla extract and melted low-fat spread. Add to the dry ingredients with the apple and mashed banana and stir until just combined. Do not over-mix.
4. Spoon the mixture into the paper cases and transfer to the oven. Bake for 20-25 minutes until risen and golden. Cool on a wire rack.

Preparation time: 20 minutes

Cooking time: 25 minutes

Approximate cost for recipe: £1.26

Approximate cost per serving: 10.5p

Handy hints

- If you like, add ½ teaspoon ground mixed spice or ground cinnamon to the dry ingredients.
- Always use proper cook's measuring spoons for accuracy, levelling off dry ingredients (such as the baking powder) with a knife.

