



Spiced Apple Muffins

Plain Flour	2 cups (500mls)
Bran Flakes	1cup (250mls)
Packed Brown sugar	2/3 cup(150mls)
Baking powder	3tsps (15mls)
Salt	1tsp (5mls)
Cinnamon	½ tsp (2mls)
Nutmeg	¼ tsp (1ml)
Eggs	2
Milk	2/3 cup (150mls)
Cooking oil	¼ cup (50mls)
Grated peeled Apple	1 cup (250 mls)

In mixing bowl, put flour, bran flakes, sugar, baking powder, salt and spices. Fluff together with a fork to thoroughly distribute baking powder. Make a well in the centre.

In a medium bowl, beat eggs slightly. Stir in milk ,oil and apple. Pour into well and quickly stir to moisten, Batter will be lumpy. Spoon into greased muffin tins. Bake at 400 F (200C) for 15 -20 mins.

Yield 16 muffins.