Enjoy the Spring Season

Spring brings longer days, warmer weather, and the promise of new things. It may feel like spring is a quiet time in the garden, but there are still lots of fruits and vegetables in season. Look out for fresh asparagus, snow peas, spinach, potatoes, carrots, onions, leek and cauliflower – the perfect ingredients for a pot of soup!

Bananas, mandarins and apples are particularly delicious in spring, so why not try making these spiced apple muffins.

Ingredients:

1 ½ cups wholemeal plain flour

2 teaspoons bicarb soda

2 teaspoons mixed spice

1 ¼ cups unprocessed bran

1 tablespoon sultanas

2 medium sized Granny Smith apples

1 egg

2 tablespoons oil

2 tablespoons honey

1 cup milk

Method:

1. Preheat the oven to 190oC, and grease a 12-hole muffin tin.
2. Sift the flour, bicarb soda and mixed spice into a large bowl.
3. Add bran and sultanas.
4. Core apples, grate or chop finely and place in a separate bowl.
5. Add egg, oil, honey and milk to the apples.
6. Add the wet mixture to dry mixture, stir together but do not over-mix.
7. Spoon mixture into greased muffin tin; bake for 25 minutes or until golden.

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