



Julia's Apple Muffins

Ingredients

240g Ballybrado Organic White Spelt Flour + 2 tsp. for dusting apples

1 ½ tsp. baking powder

½ tsp. salt

2 tsp. ground cinnamon + ½ tsp. for dusting apples

250g apples, peeled and diced

115g unsalted butter

200g sugar

2 large eggs

2 tsp. vanilla extract

120ml milk

Topping: 100g butter melted, add 50g sugar and 33g ground cinnamon, mix.

Method

1. Preheat oven to 190°C. Grease 2 muffin trays
2. Mix flour, cinnamon and baking powder and set aside.
3. Dust apples with flour and cinnamon.
4. Cream butter & sugar for 3 mins. – add one egg at a time – add vanilla.
5. Fold flour into butter mix.
6. Fold in diced apples and fill mixture into greased muffin tins, each ¾ of the way.
7. Bake for approx. 30 mins.
8. Leave to cool slightly and then brush with topping. Serve.

Tip: Tastes even better with freshly whipped cream!

