

Apple and blue berry muffin

Ingredients

2 Eggs
30g Honey
15g Castor sugar
45ml Cooking oil
1 Green apple (-/+150g)
185ml Milk
150g Blue berries
250g Flour
5ml cinnamon
10g Baking powder
Castor sugar for dusting



Method

- Preheat the braai to 180°C
- Combine the eggs honey castor sugar and cooking oil in a bowl
- Whisk all together until ingredient are just combined
- Cut the apple in half and grate one half, add to the egg mixture with the blue berries and the milk
- Sift the flour cinnamon and baking powder together and lightly fold into the muffin mixture
- Spoon into a 6 hole muffin tray and place on the braai on the side that has no coals
- Thinly slice the second half of the apple and arrange on top of the muffins and sprinkle with castor sugar
- Bake for 30min or until a skewer comes out clean