

Autumn Feast Muffins

These muffins use oats, apples and carrots, which are harvested in the autumn. They are juicy, fresh and great for a treat!



Egg, milk, oats (gluten) and wheat (gluten)*

Nutritional information per muffin (99g):

| | | | | |
|-----------------------------------|--------------------|-------------------------|----------------------|---------------------|
| Energy 895kJ 213kcal 11% | Fat 8.5g 12% | Saturates 1.3g 7% | Sugars 16g 18% | Salt 0.46g 8% |
|-----------------------------------|--------------------|-------------------------|----------------------|---------------------|

of an adult's reference intake.
Typical values per 100g: energy 904kJ/215kcal.

Equipment

Weighing scales
12 hole muffin tin
Paper muffin case x 12
Chopping board
Sharp knife
Plate
Vegetable peeler
Grater
Measuring spoons
Mixing bowl
Measuring jug x 2
Fork
Metal spoon
Oven gloves
Pan stand
Wire rack

Ingredients

Makes 12 muffins

1 large eating apple
1 large carrot
50g raisins
200g self-raising flour
50g porridge oats
100g soft brown sugar
1 x 5ml spoon bicarbonate of soda
1 x 5ml spoon ground cinnamon
85ml sunflower oil
2 eggs
200ml semi-skimmed milk
50ml apple juice
1 x 5ml spoon vanilla extract

Topping

15g porridge oats
15g Demerara sugar

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- Always grate onto a flat surface, such as a plate or chopping board. It takes much less effort and is easier to clear up.

Autumn Feast Muffins

Method

1. Preheat the oven to 200°C/180°C fan or gas mark 6.
2. Put the paper cases into the muffin tin.
3. Wash the apple and cut it into quarters. Remove the core and cut the quarters into 1cm cubes. Put the apple pieces onto a plate.
4. Wash the carrot and chop the ends off (top and tail). Peel and grate the carrot onto the plate. Add the raisins.
5. Mix together the dry ingredients (flour, porridge oats, sugar, bicarbonate of soda and ground cinnamon) in a mixing bowl.
6. Place the oil in the measuring jug.
7. Beat the eggs separately in a second measuring jug and add to the oil.
8. Measure out the milk and apple juice. Add this to the oil and egg mixture.
9. Add the vanilla extract to the wet ingredients.
10. Add the chopped apple, grated carrot and raisins to the dry ingredients and mix well.
11. Pour the wet ingredients into the dry ingredients and stir until combined.
12. Spoon the mixture into the paper cases.
13. To make the topping, mix the Demerara sugar and porridge oats together and sprinkle onto the muffins.
14. Place the muffins into the preheated oven and cook for 16 minutes or until golden and springy when touched.

Something to try next time

- Replace the apple and raisins with a pear and 50g of dried cranberries.

Prepare now, eat later

- The muffins will keep in an airtight tin for up to 2 days.
- Muffins are best eaten straight away, but any leftover freshly baked muffins can be frozen for up to 1 month. Defrost fully before eating.

Skills used include:

Weighing, measuring, peeling, chopping, grating, mixing/combining and baking.