



Oaty Apple And Sultana Muffins

Ready in 35 min

Dry Mixture

- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 cup wholemeal flour
- 1 cup rolled oats
- 1¼ teaspoons ground cinnamon
- ¾ cup sultanas

Wet Mixture

- 2 eggs
- ¼ cup coconut sugar or brown sugar
- ¼ cup runny honey or golden syrup
- 1 teaspoon vanilla extract or vanilla essence
- 1 cup unsweetened Greek yoghurt
- 1/3 cup oil
- 2 cups peeled and diced 1-2cm apple (e.g. Braeburn, granny smith)

Crumble Topping

- 3 tablespoons rolled oats
- 1½ tablespoons brown sugar
- ½ teaspoon ground cinnamon
- 1 tablespoon butter or coconut oil

Preheat oven to 180°C. Lightly grease and line a 12-hole medium muffin tin with paper cases.

1. Sieve baking soda and baking powder to remove any lumps, then mix with all remaining dry mixture ingredients in a medium bowl.
2. In a large bowl, whisk eggs, coconut/brown sugar, honey/golden syrup and vanilla together until combined. Add yoghurt and oil and beat until smooth and combined. Stir in apple.
3. Add dry mixture to wet mixture. Use a large metal spoon to fold the two mixtures together, until just combined. Do not over-mix as muffins will become tough.
4. To make the crumble topping, mix rolled oats, brown sugar and cinnamon together. Rub in butter using your fingertips, until mixture reassembles breadcrumbs.
5. Spoon batter into paper cases, filling almost to the top and sprinkle over crumble. Bake for 20-25 minutes, or until muffins are golden brown and spring back when lightly pressed. Remove from tin and allow to cool on a rack.
6. Serve warm with a little butter.

