

# MAD Muffins



Makes

12



**TIP**  
Use 1 cup of tinned apple instead of fresh.



## Ingredients

- ¾ cup pitted dates
- 1 cup boiling water
- 60g margarine, softened
- ¼ cup brown sugar
- 1½ cups self-raising flour
- 2 eggs
- 1 green apple
- 1 teaspoon vanilla essence
- 1 teaspoon cinnamon

## Equipment

- Oven
- Muffin tray
- Patty pans
- Knife
- Chopping board
- Small bowl
- Kettle
- Large bowl
- Whisk or fork
- Measuring cups and spoons
- Sieve
- Large spoon
- Grater



# How to make it



1. Preheat oven to 180° C. Line muffin tray with patty pans.



2. Chop dates and place in small bowl. Cover dates with boiling water and set aside for 10 minutes.



3. Whisk margarine and sugar together in large bowl. Add 1 tablespoon of flour and 1 egg to bowl, whisk together. Sift in remaining flour and egg, whisk until combined.



4. Grate apple and add into large bowl with vanilla essence, cinnamon and date mixture. Stir gently until just combined.



5. Spoon mixture into patty pans and bake for 20-25 minutes or until golden brown.



nom!

