

Fresh for Kids®

custard apple muffins



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Ingredients:

- 1 1/2 cups self-raising flour
- 1 tsp baking powder
- 1/2 teaspoon ground cinnamon
- 2 tbs caster sugar
- 80g butter, melted
- 2 eggs, lightly beaten
- 3/4 cup reduced fat milk
- 1 1/2 cups roughly mashed custard apple flesh (about 1 large custard apple)

Health benefits of custard apples:

- An excellent source of vitamin C, needed to keep gums and blood vessels healthy.
- Provides potassium, a mineral that is valuable in counteracting the harmful effects sodium (from salt) has on blood pressure.
- A good source of dietary fibre which keeps the intestine healthy.

Method:

1. Preheat oven to 180°C. Lightly grease 10 x 1/2 cup muffin pans.
2. Sift flour, baking powder and cinnamon into a large bowl. Add caster sugar and stir until well combined.
3. Combine melted butter, eggs, milk and custard apple flesh in a bowl. Mix well to combine. Using a metal spoon, add custard apple mixture to flour mixture and quickly stir until just combined. Divide mixture into muffin pans. Bake for 20 minutes or until a skewer inserted comes out clean. Leave in pans for 5 minutes then turn onto a wire rack to cool. Best eaten within 2 days.

Store muffins in an airtight container. Freeze for up to 3 months.

Makes: 10

Preparation: 20 minutes

Cooking: 20 minutes