Fresh for Kids®

strawberry, apple & wheat germ muffins

SYDNEY MARKETS™ Supplying quality fresh fruit & vegetables

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Ingredients:

- 125g butter, melted (extra for greasing)
- 2½ cups wholemeal self-raising flour
- 1 tsp ground cinnamon
- ½ cup wheat germ
- ¾ cup brown sugar
- 2 eggs, lightly beaten
- 1 cup reduced fat milk
- 2 tbs honey
- 2 large granny smith apples, peeled
- 250g strawberries, hulled and quartered lengthways

HEALTH BENEFITS:

Granny Smith apples

- A crunchy source of dietary fibre and also contains natural sorbitol. Both fibre and sorbitol help keep kids regular.
- Good source of vitamin C. Among its many functions, vitamin C contributes to healthy bones, teeth and gums.
- Low GI which means it is digested and releases its energy slowly.

Method:

1. Preheat oven to 200 C. Lightly grease 12 x ½ cup muffin pans with butter.

2. Sift flour into a large bowl. Add cinnamon, wheat germ and brown sugar. Mix well to combine.

3. Combine eggs, melted butter, milk and honey in a large jug. Grate apples and squeeze to remove excess juice.

4. Add egg mixture, apple and strawberries to flour. Using a metal spoon, gently stir mixture until just combined. Spoon into prepared muffin pans. Bake for 15–20 minutes or until golden. Cool in pan for 5 minutes then turn out onto a wire rack to cool.

Note: Store muffins in an airtight container. Best eaten within 1–2 days. Freeze for up to 3 months.

Makes: 12
Preparation: 20 minutes
Cooking: 18–20 minutes

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