



Apple, raisin and banana muffins

Muffins are super quick to make and are a perfect lunchbox treat. These fruit muffins freeze well too.



Time to prepare: 15 minutes



Time to cook: 20 minutes



Serves 12

Ingredients

- 1 cup raisins (or sultanas), soaked in boiling water
- 1 cup self-raising flour
- 1 cup wholemeal self-raising flour
- 1 teaspoon cinnamon
- 1/2 cup brown sugar

- 1/2 cup apple puree
- 1 egg
- 1 cup low-fat milk
- 2 tablespoons oil
- 1 banana, mashed
- oil spray

Method

1. Preheat oven to 200 degrees celcius.
2. Sift flour, wholemeal flour and cinnamon into a large bowl. Add brown sugar and stir with a fork.
3. In a separate bowl, whisk together apple puree, egg and milk. Stir in the oil and mashed banana.
4. Drain the raisins and add them to the flour with the apple mixture. Mix gently until just combined.
5. Lightly spray a 12-hole muffin tin with oil spray. Distribute the mixture evenly between the holes.
6. Bake for around 20 minutes or until golden and cooked.

Notes

You can make your own apple puree by peeling, coring and chopping apples. Add to a pot with enough water to cover the apple. Boil until soft enough to mash (it should take about ten minutes, depending on the type of apple).

You might also like...



Wholemeal ham and cheese muffins

These tasty muffins are great for the lunchbox or as a healthy snack.

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Home made snacks

Snacks don't need to come in packets. The best snacks can be the ones you prepare yourself. Snacks made at home can be tasty, low-cost, healthy and easy to prepare.



Bran, honey and banana muffins

These muffins are perfect for quick fuel before sport or as breakfast on-the-go. Make ahead of time so you can run out the door fast. You can double the recipe and freeze some.

[\(/eat/recipes/bran-honey-and-banana-muffins\)](/eat/recipes/bran-honey-and-banana-muffins)