



Apple Oat Muffins

Provided by Premier of Victoria John Brumby MP



Makes 12 muffins

1 cup wholegrain flour
3/4 cup quick cooking oats
1 1/2 tsp baking powder
3/4 tsp baking soda
1 tsp ground cinnamon
1/2 cup raisins
1 egg
1 tablespoon butter
1 tsp fresh grated ginger
2 medium apples, peeled and grated
1/2 cup honey

Preheat oven to 350 degrees. Grease muffin pan.

In a medium bowl, combine the flour, oats, baking powder, baking soda, cinnamon and raisins. In a large bowl, combine the egg, melted butter, ginger, apple and honey. Add the flour mixture to the egg mixture and stir just until combined.

Bake for 15-18 minutes. Cool in pan for 5 minutes. Remove from pan and allow to cool on a wire rack.