



## CHRISTMAS RECIPE CORNER

### Spiced Apple Muffin

#### Ingredients:

- 2 cups all purpose flour
- 1 tsp salt
- 1 tbsp baking powder
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 2/3 cup brown sugar
- 2 eggs (beaten)
- 2/3 cup milk
- 1/4 cup butter (melted)
- 1 cup peeled and grated/shredded apple
- 1/4 cup chopped walnuts (optional)



#### Directions:

- Preheat the oven to 350F (180C), and lightly grease a muffin pan.
- In a large bowl, sift together the flour, baking powder, salt, cinnamon and nutmeg.
- Mix in the brown sugar.
- In a separate bowl, combine the eggs, milk and butter.
- Mix well.
- Add the egg mixture to the flour mixture and stir in (do not over mix).
- Fold in the apples and walnuts (if using).
- Spoon the batter into the muffin pan.
- Bake for approximately 20 minutes or until golden and baked through.
- Let the muffins cool in the pan for 5 minutes before removing to wire rack to cool completely.