

Burnside Primary School - Garden to Table Recipe

Apple and Zucchini Muffins

Makes 6 muffins

Equipment:

- 2 x large bowls
- 1 x fork
- 1 x wooden spoon
- 1 x grater
- 1 x peeler
- Measuring cups
- 1 x Muffin tin
- 6 x Cupcake cases or spray oil
- 1 x chopping board

Ingredients:

- 1 cup of self-raising flour
- 1/4 cup of brown sugar
- 1/2 teaspoon of cinnamon
- 1 egg, lightly beaten
- 1/4 cup of vegetable oil
- 1/2 teaspoon of vanilla essence
- 1/2 cup of apple, peeled and grated
- 1/2 cup of zucchini, peeled and grated

Method:

1. Preheat oven to 160°C fan-forced.
2. Spray a 6 cup muffin tin with cooking spray or use cupcake cases.
3. Peel and grate the zucchini and apple.
4. In a bowl, combine the flour, brown sugar and cinnamon.
5. In a separate bowl, mix the egg, oil, vanilla, apple and zucchini.
6. Pour the wet ingredients into the dry ingredients and use a wooden spoon to turn the mixture, do not over mix it (usually about 10 stirs does the trick).
7. Spoon mixture evenly into muffin tin and bake for 20-25 minutes.