

Apple muffins



Preparing

10 Minutes



Cooking

20 minutes



Serving

12

Ingredients

160 g cake flour
175 ml macadamia nuts
120ml macadamia oil
5 ml instant coffee granules
10 ml baking powder
5 ml baking soda
2.5 ml salt
1 apple

60 g white sugar
5 ml cinnamon powder
5 ml ginger powder
5 ml all spice
5 ml vanilla essence
125 ml maple syrup
290 ml apple sauce



Method

1. In cup, mix coffee granules with 10ml of boiling water and let it cool.
2. Combine the wet and dry ingredients.
3. Gradually mix and add in diced apples.
4. Using a spoon or cookie scoop, divide the batter evenly among the muffin cups.
5. Bake for 20 minutes, or until a cake skewer inserted into the centre of a muffin comes out clean

