

Harvest-time Fruit Muffins

Makes 12 large or 18 smaller individual cakes



Ingredients (allergens in bold)

- 120g plain white flour
- 120g wholemeal flour
- 1 tsp baking powder
- ½ tsp bicarbonate of soda
- 100g caster sugar
- 100g **butter** (melted)
- 150g **natural yoghurt**
- 2 medium-sized eggs
- 2 tbsp milk
- 2 tbsp runny honey
- 1 tsp vanilla extract
- 100g apple (peeled and finely diced or grated)*
- 50g blackberries (enough for at least 1 berry per muffin)*
- 2 tbsp oats

Method

1. Preheat the oven to 200 °C/180 °C Fan/Gas 6 and line a 12-hole deep muffin tin with paper muffin cases.
2. Mix the 2 types of flour, baking powder, bicarbonate of soda and caster sugar together in a large bowl.
3. In a measuring jug, mix the melted butter, yoghurt, eggs, milk, honey and vanilla, then add to the dry ingredients along with the apple and blackberries. Mix until just combined – don't overmix.
4. Spoon the mixture into the muffin cases – they will be quite full. Sprinkle oats over the tops and bake for around 20 minutes, until golden brown and well risen. Allow to cool before eating!

Storage

These muffins freeze well, so make a full batch and package any you don't use straight away for the freezer. They will keep for up to 6 weeks and can be defrosted quickly.



Equipment

- muffin tin with paper muffin cases
- mixing bowl
- measuring jug
- fork or small whisk
- wooden spoon
- cooling rack

Recipe notes and tips

- Use standard size cake cases and bun tins to make more but smaller muffins. Better for your lunchbox!
- Make these in the early autumn when windfall apples and hedgerow blackberries are freely available.
- *Other delicious seasonal variations are rhubarb and strawberry in early summer or grated carrot, cinnamon and banana in the winter.