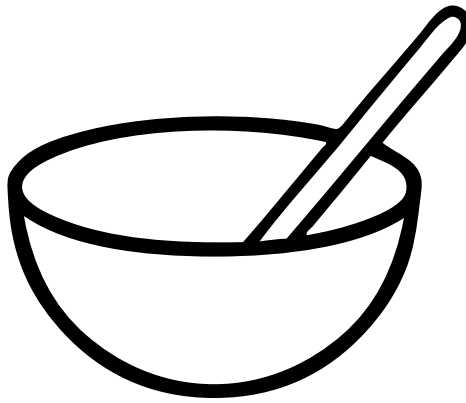


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MUFFIN RECIPE

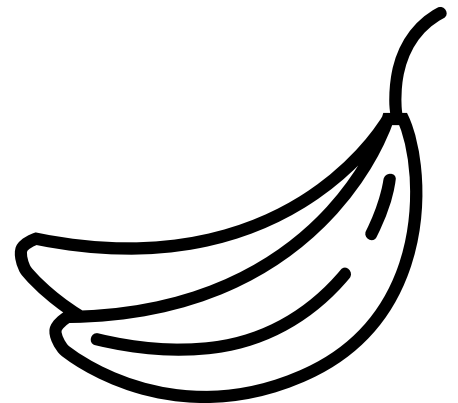
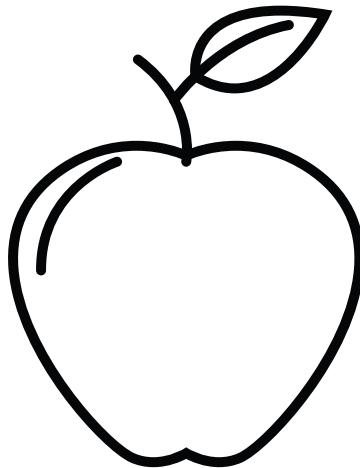
Ingredients.

1 apple grated
2 bananas mashed
50 g pitted dates chopped
1/4 cup desiccated coconut
220 g self-raising flour
1/2 cup vegetable oil
3/4 cup milk
1/2 cup raw sugar
1 egg



You will need....

1x 12-hole muffin tray
1x medium sized bowl
1x spoon for mixing



Instructions.

Step 1: Preheat oven to 180C degrees. Line a 12-hole muffin pan with paper cases.

Step 2: Place apple, bananas, dates, oil, milk and egg into a bowl and mix until very well combined.

Step 3: Add coconut, self-raising flour and sugar and mix gently until just combined -be careful not to over mix!

Step 4: Spoon mixture into paper cases and sprinkle with some extra raw sugar.

Step 5: Bake for approximately 20 minutes - turn tray after 10 minutes and then check at 15 minutes.

Step 6: Leave in tray for a couple of minutes and then place onto a wire rack.