



# CINNAMON APPLE MUFFINS

**INGREDIENTS-** Makes 12 medium-sized muffins

## Muffins

- 2 cups flour
- 4 teaspoons baking powder
- 1 teaspoon cinnamon
- 1/2 cup sugar
- 100g butter
- 1 cup milk
- 2 eggs
- 400g can Wattie's® Diced Apple

## Cinnamon sugar

- 1 tablespoon sugar
- 1 teaspoon cinnamon

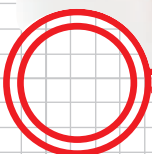
## METHOD

1. Prepare the Cinnamon sugar. Mix the sugar and cinnamon together and set aside.
2. Preheat the oven to 220°C. Spray or brush 12 non-stick muffin pans with butter or oil.
3. To make the muffins, sift the flour, baking powder and cinnamon into a mixing bowl. Stir in the sugar.
4. Melt the butter in a small bowl in the microwave (about 40 seconds on high) or in a saucepan.
5. Beat the eggs and milk together.
6. Pour the liquid mixture with the Wattie's® Diced Apples and melted butter into the dry ingredients. Gently stir with a spoon until just combined. The mixture should look a little lumpy.
7. Spoon the mixture evenly into the pans. Use two spoons, take a spoonful of mixture with one spoon and use the second spoon to push the mixture into the pans. Sprinkle over the Cinnamon sugar.
8. Bake in the preheated oven for 15 – 20 minutes or until the muffins spring back when pressed lightly or a cake tester pushed into the centre of a muffin comes out clean.
9. Leave the muffins in pans for 5 minutes before turning out onto a wire rack to cool.

**TIP** - Over-mixed muffins can be tough. To avoid this stir the liquid and dry ingredients together gently until the mixture still looks lumpy.

## RECIPE VARIATIONS

1. You can use any canned fruit. Drain, discard juice and dice the fruit if necessary.
2. For savoury muffins leave out sugar and cinnamon and fruit. Add 1/2 teaspoon of salt, 1 cup grated tasty cheese and 1-2 tablespoons of chopped fresh herbs (parsley, chives) and 1 cup drained whole kernel corn. Reduce butter to 75g.





## UNDERSTANDING INGREDIENTS

- In baked foods such as muffins, cakes and biscuits each ingredient has a different role to play. The proportions of each need to be measured carefully so the final product has a good flavour and texture.

For example:

- Eggs provide structure and some moisture.
- Fat provides texture and a smooth mouth feel.
- Flour provides structure and holds the other ingredients together.
- Milk provides moisture, its protein adds to the structure and helps produce a tender product.

- When making changes to recipes for baked foods you need to take care to replace one ingredient with another that performs the same function.

For best results:

1. Read the recipe carefully before you begin.
2. Check that you have all the equipment and ingredients you need.
3. Use standard metric measuring cups and spoons.
4. Follow the instructions exactly.
5. Remember, adding different items such as fruits, cheeses, bacon, grated vegetables and creamed corn will change the flavour and texture so you need to consider what effect this will have.

For example:

Fruits and vegetables contain moisture so the amount of milk may need to be reduced.

Bacon and cheese contain fat and salt so the amount of butter can be reduced.

## FOOD CHEMISTRY

### Browning in baked food

- The dry oven heat causes many changes in the ingredients of baked foods.
- **Dextrinisation** is an important change that happens to the starch in the flour.
  - The dry heat breaks down the starch molecules to form a brown crust.
- More browning may occur when the sugar and protein in the recipe combine and help to form the crust, this process is known as the **Maillard Reaction**.
- The colour of baking pans can also affect browning of baked goods.
  - Did you know, light-coloured, shiny pans help to give cakes a golden-brown surface while very dark dull pans can cause over browning.

## COOKING TECHNIQUES

### Preparing tins

- Ensure muffin tins are clean and dry before you start.
- Greasing the tins lightly prevents the cooked muffins sticking.
  - Either lightly spray each muffin hole with a little oil from a spray bottle or dip a pastry brush or piece of grease-proof paper into a little melted butter and rub over the tins.
- Allow the cooked muffins to sit for about five minutes before trying to remove them – the steam will help loosen them in the tins.

### Sifting dry ingredients

- For best results when making baked foods, the dry ingredients should be sifted.
  - Not only does this add air, resulting in well-risen products, it ensures lumps are broken down and the dry ingredients are mixed thoroughly so they will be evenly distributed.
- To sift dry ingredients, place them in a sieve or sifter, over a bowl or a large piece of kitchen paper.
  - Shake the sieve or turn the handle on the sifter so the dry ingredients fall through.

## NUTRITION FACTS

### Muffins are part of the breads and cereals food group.

- Muffins are a baked food and because the main ingredient is flour, one standard sized muffin counts as a serving of breads and cereals.
- Adding fruits or vegetables to muffins makes them a healthier choice than some other flavours (for example chocolate chip).
- Muffins contain some fat so it's best to eat them without any additional butter or spread.

*Can you think of a muffin variety that could give you two or more different types of fruits or vegetables in one muffin?*

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