

Spiced Chestnut & Apple Muffins

(Makes 12)

2 cups self-raising flour
Pinch salt
1 teaspoon ground cardamom
2/3 cup caster sugar
2 eggs, beaten
3/4 cup milk
1/2 cup light olive oil
1 medium granny smith apple, peeled and chopped into 5 mm pieces
3/4 cup chopped peeled chestnuts (8-9 peeled chestnuts)

Topping

1/4 teaspoon cardamom mixed with 1 tablespoon caster sugar

Preheat the oven to 180° C.

Line a 12-hole large muffin tray with paper patty cases.

Sift the flour, salt and cardamom into a large bowl and add the sugar.

In a separate bowl, whisk the eggs, add the milk and oil and stir into the flour.

Stir gently with a wooden spoon until ingredients are just combined. Do not overbeat.

Fold in the apple and chestnuts. Spoon mixture into patty pans. Sprinkle topping over.

Bake for 22 minutes or until cooked. Cool muffins for 5 minutes before removing from tins.

Serve warm or cool.

Note – muffins reheat well in a microwave. Allow about 15 seconds per muffin.

