

APPLE MUFFINS

Preparing Time: 10 Minutes

Cooking Time: 20 Minutes

Servings: 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

INSTRUCTIONS:

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.

