

Apple & Cinnamon Muffins

Ingredients

100g/4oz soft margarine

75g/3oz soft light brown sugar

40g/1½oz Loprofin Breakfast Cereal Loops, roughly crushed

150g/6oz Juvella Low Protein Mix

2 teaspoons baking powder

2 teaspoons ground cinnamon

125ml/5fl.oz Loprofin PKU drink*

6 tablespoons smooth apple sauce

250g/8oz baking apples

Extra brown sugar

Oven temperature: 180°C/350°F/Gas Mark 4

*need to count as exchanges



Method

1. In a large bowl, beat together the margarine and sugar until light and fluffy.
2. Add the Loprofin Breakfast Cereal, Juvella Low Protein Mix, baking powder, Loprofin Egg Replacer, cinnamon, Loprofin PKU drink and apple sauce. Beat well until thoroughly combined.
3. Peel and core the apple, reserve 10 triangles, dice the remainder and stir in the muffin batter.
4. Divide the batter between 10 muffin cases in a muffin tray and top each with an apple triangle. Sprinkle a little brown sugar over each apple garnish.
5. Bake the muffin in a preheated oven for 20-25 minutes, until risen and springy to touch.