



## **Apple & Cinnamon Muffins**

### **Ingredients:**

115g wholemeal flour  
2 tablespoons rolled oats  
1 ½ teaspoons baking powder  
2 tablespoons rapeseed oil  
1 teaspoon Xylitol  
1 teaspoon cinnamon  
2 teaspoons Greek yoghurt  
grated zest and juice of ½ an orange  
1 egg  
½ apple, grated

### **Directions**

Preheat the oven to 200 degrees Celsius or gas mark 6). Line a muffin pan with paper muffin cases.

Combine the dry ingredients in a bowl and make a well in the centre. In a jug, whisk the oil, egg, yoghurt orange zest and juice. Stir in the apple and then pour into the dry mixture. Mix together well using a fork (don't worry if there are lumps).

Spoon into the muffin cases and bake for 20-25 minutes until they are risen and are golden brown. Transfer to a wire rack to cool.