

## So-good sultana + apple muffins



175 g/6 oz **self-raising white flour**

1 teaspoon **bicarbonate of soda**

100 g/3½ oz **sultanas**

¼ teaspoon **ground cinnamon**

2 **eating apples**

25 g/1 oz **unsalted butter**,  
melted

3 tablespoons **clear honey**

50 ml/2 fl oz **apple juice**

1 **egg**, beaten

Preheat the oven to 200°C/400°F/Gas Mark 6.

Line a 12-section muffin tin with paper cases, about 9 cm/3½ inches in diameter when flattened out.

Stir together the flour, bicarbonate of soda, sultanas and cinnamon in a bowl. Peel the apples, then grate into the bowl, working around the cores, and stir in.

Beat together the butter, honey, apple juice and egg in a separate bowl, then mix into the dry ingredients to combine. Divide the mixture evenly among the cake cases, then bake in the oven for 15 minutes until golden. Transfer to a wire rack to cool. Serve warm or cold. Store in an airtight container for up to 24 hours.