

# Apple cinnamon muffin

level 

 12

 40 min



## Ingredients

200 ml	ProvideXtra DRINK Apple
200 g	flour
3 tea-spoons	baking powder
1 tea-spoon	ground cinnamon
75 g	soft brown sugar
75 g	melted butter
1	egg
1	apple (100 g) peeled and chopped

## Nutritional information per serving:

Energy .....	177 kcal
Protein .....	3.7 g
Fat .....	6.0 g
Carbohydrate .....	26.0 g
Fibre .....	0.8 g



## Alternative products:

Fresubin® Jucy DRINK

## Preparation

Lightly grease twelve bun tins or use twelve paper muffin cases. Sieve flour, baking powder and cinnamon into a bowl, add sugar and mix together.

Lightly beat the egg, mix with the melted butter, add ProvideXtra DRINK Apple. Add liquid to dry ingredients and stir. Do not overmix, as this will make the muffin rubbery.

Finally stir in chopped apple and divide mixture equally between the tins or paper cases.

Bake in a pre-heated oven at 200 °C/Gas mark 6 for 20-25 minutes, until risen and golden brown.

### TIP:

Spread muffins with chocolate coating.