

Apple and raspberry Muffins

Egg Mixture: Whisk together in a small bowl

1 large egg

1 cup buttermilk

¼ cup rice bran or light olive oil

1 tsp vanilla essence

Dry Mixture: sift flour and sugar and add LSA

2 cups SR Flour

¼ cup caster sugar

2 tbspn LSA Mix (Linseed, Sunflower and almonds)



Fruit Mixture: Mix together

1 large or 2 small Granny smith apples peeled cored and finely diced

Zest of half a lemon

Generous handful of frozen or fresh raspberries.

Preheat oven to 180c Fan Forced

Add egg mixture to flour and gently mix. DO NOT OVERMIX.

Mixture should be slightly lumpy. Add fruit mixture. Divide evenly into 12 hole muffin tin lined with patty pans. Bake for approx. 20 -25 minutes or until golden brown. Stand baked muffins for a few minutes then top with lemon icing

Icing;

One cup of icing sugar.

Zest of one lemon.

Enough lemon juice to form a thick paste.

Coat top of muffins with a teaspoon of icing and spread evenly.

Enjoy.