



Fava, apple and apricot muffins (makes 6)

These muffins have no added sugar, all the sweetness comes from the apple and apricots. What a great way to enjoy a sweet treat!

Ingredients

160g fava bean flour
½ teaspoon baking powder
½ teaspoon bicarbonate of soda
4g cinnamon
4 tablespoons semi-skimmed milk
2 large eggs
90g buttery spread
1 small apple grated with skin
120g dried apricots, diced

Method

1. Preheat the oven to 180°C/ 160°C fan/gas 4.
2. Whisk the buttery spread in a bowl until smooth.
3. In a separate bowl mix together the flour, baking powder, bicarbonate of soda and cinnamon.
4. Whisk the eggs and along with the dry ingredients start adding them to the spread. Finally stir in the milk to get a smooth batter.
5. Add the grated apple and chopped apricots to the cake batter.
6. Pour the mixture into muffin moulds or muffin paper cases and place in the oven for about 20 minutes, prick with a skewer to ensure the mixture is fully cooked inside.
7. Leave on a wire rack to cool.

Nutrition information

	Energy	Protein	Fat	Saturates	CHO	Sugars	Fibre	Salt
Per 100g	1159kJ 277kcal	12.0g	13.9g	3.2g	25.3g	12.4g	5.5g	0.9g