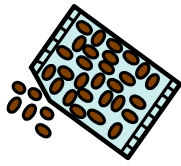
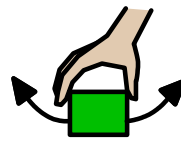
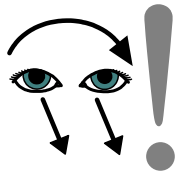
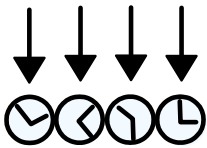


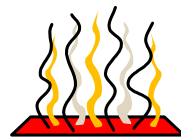
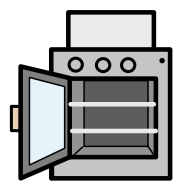
Follow the recipe to make apple



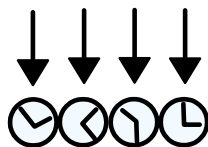
and sultana muffins.



Always be careful when using the



oven because it is hot. Ask for



help and always wear oven gloves.



## Ingredients

- 200g  self-raising  flour

- **1**  1 tsp baking powder

- **1**  1 tsp cinnamon

-  50g  wholemeal flour

- **100**  100g  golden  caster sugar

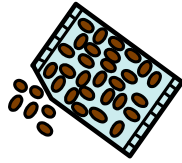
- **2**  2 eggs

- 125ml  semi-skimmed  milk

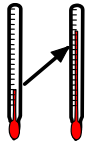
- **4**  4 tbsp  sunflower oil

- **2**  2 apple

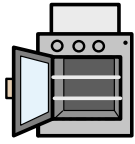
- **100**  100g  sultana



## Apple and sultana muffins recipe



Preheat



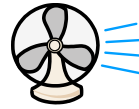
oven

180°C

180c

160°C

160c



fan



5

/ gas 5



Find

2



bowls,



spoon,



scales,



sieve,



grater,



cake cases

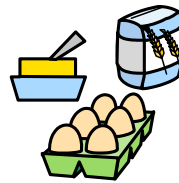
and



cake tray



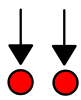
Find



ingredients



Sift



both



flours,



baking powder,

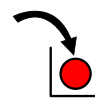


cinnamon

and



sugar



into

a



bowl



Crack



eggs



in a

different



bowl

and



beat



Add



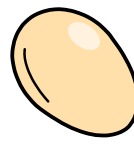
milk

and



oil

to



eggs

and



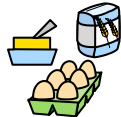
mix



Add



wet



ingredients

to



dry

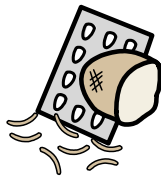


ingredients

and



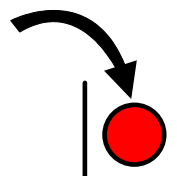
mix



Grate



apples



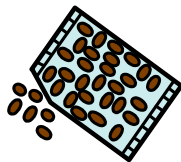
into



mixture



Add



sultanas

and



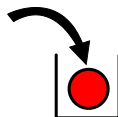
mix



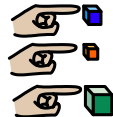
Put



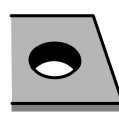
a cake case



into



each

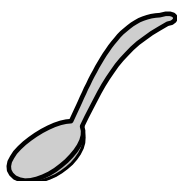


hole

of the



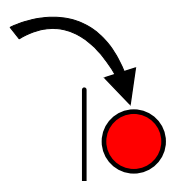
cake tray



Spoon



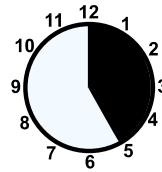
mixture



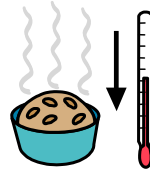
into



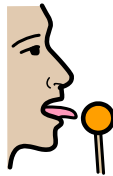
cake cases



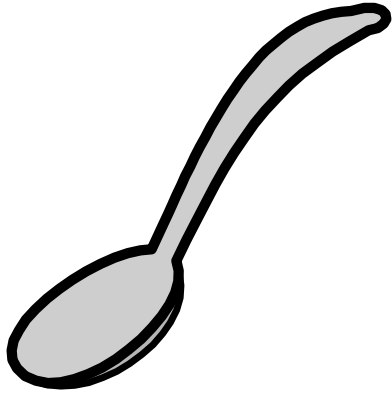
Bake for 25 minutes



Leave to cool



Taste



spoon



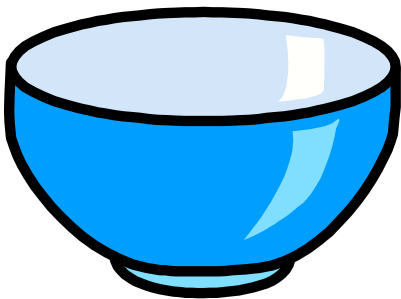
cake cases



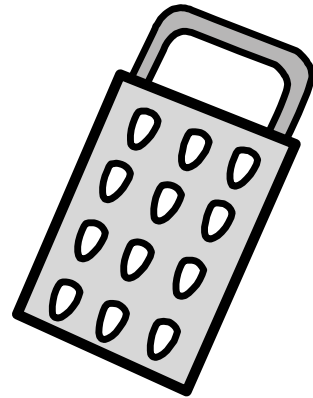
cake tray



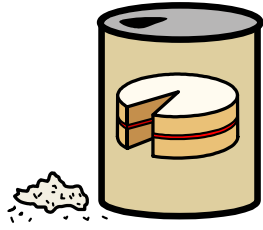
sieve



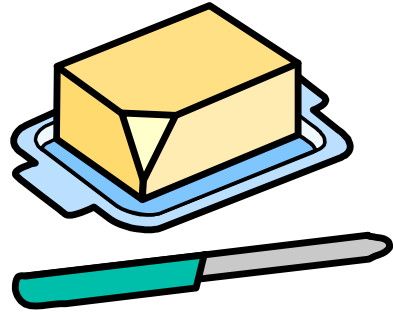
bowl



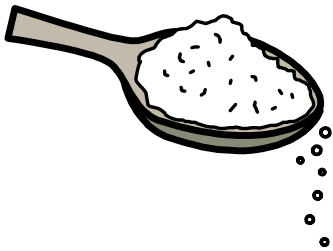
grater



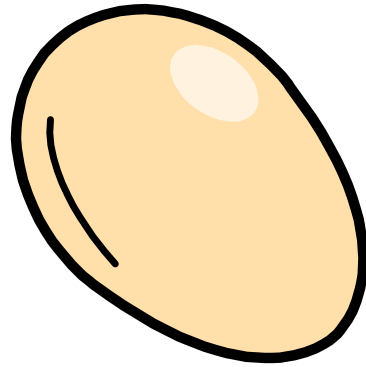
baking powder



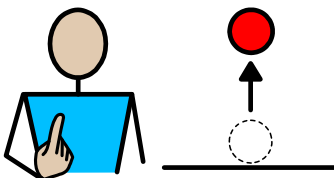
butter



sugar



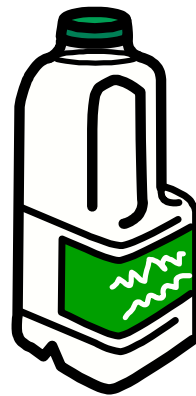
eggs



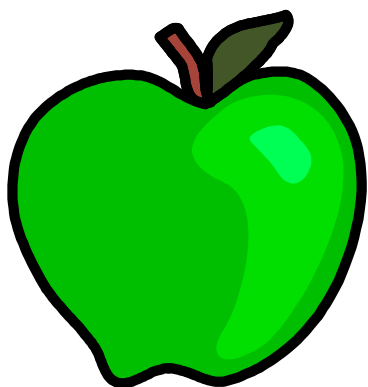
self-raising



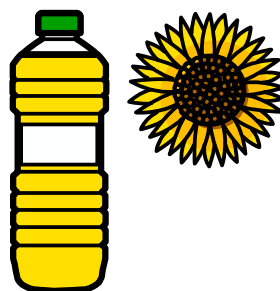
flour



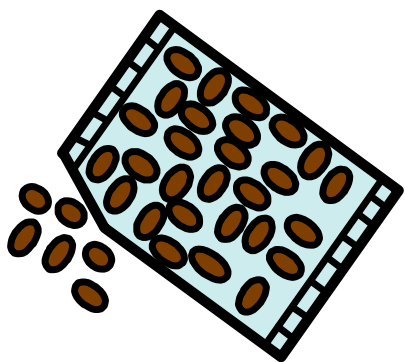
milk



apples



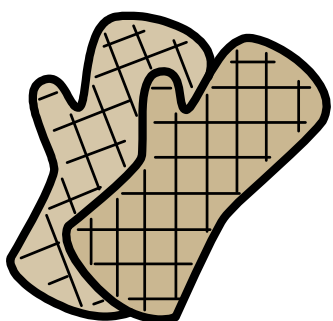
sunflower oil



sultanas



cinnamon



oven gloves



whole wheat



flour