

Fig and Apple Breakfast Muffins

Serves: 36 mini muffins

Recipe source: sallysbakingaddiction.com

Fresh from the garden: figs- grown and dried at school.

| Equipment: | Ingredients: |
|---------------------------|---|
| 3 Mini muffin trays | 1 1/2 cups wholemeal flour |
| Baking trays | 1 cup wheat bran |
| 2 mixing bowls | 1 teaspoon baking powder |
| Measuring cups and spoons | 1/2 teaspoon baking soda |
| Sieve | 1/4 teaspoon salt |
| Whisk | 1/2 teaspoon cinnamon |
| Rubber spatula | 1 large egg , at room temperature |
| Scissors | 1/3 cup coconut oil , melted |
| Mini ice cream scoop | 1/2 cup honey or maple syrup |
| | 125g pot of apple puree |
| | 1 teaspoon vanilla extract |
| | 1 cup dairy or nondairy milk , at room temperature |
| | 1 cup chopped dried figs |
| | 2 tablespoons raw sugar |

What to do:

1. Preheat oven to 180°C, eco fan setting. Grease the holes of the mini muffin pans with a little butter or margarine. Place on baking trays.
2. Sift the flour, baking powder, baking soda, salt, and cinnamon into a large bowl. Add bran and mix until combined. Set aside. Cut Figs into small pieces with scissors.

3. In another bowl, whisk the egg, melted coconut oil, honey, apple puree, vanilla and milk until combined.
4. Pour the wet ingredients into the dry ingredients. Sprinkle the chopped figs over the mixture and fold together with a rubber spatula. Mix until just combined. Do not overmix otherwise the muffins will be tough.
5. Spoon the batter evenly into the muffin holes and then sprinkle a little raw sugar over each muffin. Bake for 12-13 minutes.