

Apple Quinoa Muffins

Bialik College Kitchen Garden Program



Ingredients:

- 1 ½ cups of diced apple
- 6 tablespoons unsalted butter
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon ground nutmeg
- ½ cup brown sugar
- 1 egg
- ½ teaspoon vanilla extract
- 1/8 teaspoon salt
- 1 teaspoon baking powder
- 1 cup cooked & cooled quinoa
- ¼ cup milk
- 1 ¼ cup plain flour
- ¼ cup chopped walnuts (optional)

Equipment:

- frying pan
- peeler
- chopping board
- metric measuring cups/spoons
- knife
- electric mixer
- spatula
- muffin tin
- muffin liners

Method:

1. Preheat oven to 190C.
2. Heat 2 tablespoons of butter over medium low heat in a frying pan and add the apples, cinnamon, ginger and nutmeg and stir to coat the apples pieces.
3. Cook until the apple is softened, but not broken down. Once they are soft but not mushy remove from the pan and let cool.
4. In an electric mixer, beat the remaining 4 tablespoons of butter and brown sugar until light and creamy. Add the egg and beat until very pale and fluffy. Beat in vanilla, salt and baking powder .
5. Fold the apples and quinoa into the butter mixture. Add half the flour and fold until just combined.
6. Do the same with the milk. Repeat until all the milk and flour have been worked into the batter. Be careful not to over mix.
7. Divide batter among the muffin tin and top each muffin with chopped walnuts and bake in oven for about 25 minutes.

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