



## Parsnip and Apple Muffins

Yes there's parsnip in them!

Makes 15 muffins

Preheat oven to 350f/180c/4

### *Ingredients:*

250g self-raising flour

175g soft brown sugar

½ tsp ground cinnamon

150ml vegetable or sunflower oil

3 eggs, lightly beaten

1 tsp vanilla extract

1 eating apple, peeled and grated

1 medium parsnip peeled and grated (approx 150g peeled and grated weight)

75g sultanas

### *Method:*

In a large bowl mix together the flour, sugar, and cinnamon.

In a separate bowl mix the oil, eggs and vanilla together.

Stir in the grated apple, parsnip and sultanas.

Pour into the bowl of dry ingredients and fold together taking care not to over mix.

Divide the mixture between the muffin cases and bake for approx. 30 minutes, ensuring a skewer inserted into the centre of the muffins comes out clean.

Leave in the tin to begin cooling for five minutes before turning out into a wire rack to cool completely.

### *Allergen Information:*

Contains: wheat (gluten), egg, may contain sulphates.