

SKILL LEVEL	PREP TIME	BAKE TIME	SERVINGS
👑👑👑👑👑	20 MINS	20-25 MINS	12

IN THE KIT

Bag 1: 50g chopped walnuts

Bag 2: 200g plain flour, 2 tsp baking powder, 1/2 tsp bicarbonate of soda, 1 tsp mixed spice, a pinch of salt, 1/16 tsp of madagascan vanilla.

Bag 3: 160g caster sugar

Bag 4: 85g light brown sugar

Bag 5: 40g toffee pieces

Square paper

Butter measure

YOU WILL NEED

- Muffin tin
- 2 eating apples, peeled, cored and chopped to 1cm cubes
- 75ml milk (4 tbsp + 1 tbsp)
- 150g unsalted butter (130g + 20g)
- 2 medium eggs, lightly beaten

INGREDIENTS

Plain white flour (**wheat** flour, statutory nutrients: calcium, niacin, iron, thiamin), **wheat** flour, (**wheat** flour, calcium carbonate, iron, niacin, thiamine), raising agents (sodium acid pyrophosphate, sodium bicarbonate), raising agent: bicarbonate of soda, mixed spice (coriander, cassia, ginger, nutmeg, fennel, cloves), **walnuts**, caster sugar, light brown sugar (sugar, cane molasses), salt (salt, anti-caking agent: sodium ferrocyanide), ground madagascan vanilla, fudge pieces (sugar, full cream condensed **milk**, fondant (sugar, glucose, (derived from **wheat**), water), glucose syrup, non-hydrogenated vegetable fat, water, emulsifier: **soya** lecithin).

Nutritional info	Per 100g (as sold)
Energy kJ / kcal	1677kJ/ 397kcal
Fat	7.7g
of which saturates	1.33g
Carbohydrates	76g
of which sugars	49.44g
Protein	5.27g
Salt	0.39g

Allergens: For allergens see ingredients **bold**.
Prepared in a factory that handles wheat, milk, soya & nuts.

Best before: see sticker.
Store in a cool, dry place.

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OR



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540g

TOFFEE APPLE MUFFINS



Michel Roux
★ ★ ★





1. Preheat the oven to 180°C/160°C fan/Gas 4. Put the walnuts (**bag 1**) on a baking tray and roast for 5 minutes. Remove from the oven and allow to cool.



2. To make the muffin cases find something the size of your muffin cups, such as a glass. Place the paper over the end and push down to create an inverted case. Repeat for all 12 sheets.



3. Add the flour, baking powder, bicarbonate of soda, mixed spice, salt and vanilla (**bag 2**) in a medium sized bowl and stir in the caster sugar (**bag 3**) to combine.



4. Dice and then melt 130g of the butter. In a large bowl add the eggs, melted butter and diced apple. Fold in the dry ingredients from step 3.



5. Finally add walnuts and 4 tbsp of milk and give a final mix.



6. Using a small spoon divide the batter between the cases, filling all the way to the top of the tin.



7. Bake for 20-25 minutes, when you press them gently they should spring back. Leave for 15 minutes to cool in the tin and then place the muffins on wire rack to cool completely.



8. To make the icing, combine the light brown sugar (**bag 4**), 20g butter and 1 tbsp milk in a small pan and simmer gently for a minute. Drizzle over the muffins and push the toffee pieces (**bag 5**) on top of the muffins to decorate.

MY TOP TIP

When folding the ingredients together, be careful not to overmix to ensure the muffins are light.

Michel Roux
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