



*Celebrate summer
with these honeybush recipes*

Apple and cinnamon muffins

Makes 12 muffins (yummy!)

You will need

- 500 ml (2 cups) cake flour
- 15 ml (1 Tbsp) baking powder
- 3 ml (½ t) bicarbonate of soda
- 2 ml (½ t) salt
- 5 ml (1 t) ground cinnamon
- 60 ml (¼ cup) sugar
- 385 g can sliced apples
- 200 ml (¾ cup) strong, cold honeybush tea (use 1 teabag)
- 2 extra large eggs, beaten
- 100 ml buttermilk or milk
- 80 ml (⅓ cup) cooking oil

Method

Sift the flour, baking powder, bicarbonate of soda, salt and cinnamon together. Add the sugar. Chop the apples smaller and add to the dry mixture.

Make the tea and cool. Add the eggs, milk and oil and beat.

Add the liquid to the dry ingredients and mix lightly (the mixture should still be lumpy). Spoon in greased muffin pans, two thirds full.

Bake in a preheated oven at 200 °C for 15 - 20 minutes or until light brown. Serve immediately with butter if preferred.

Variation

Substitute the apples with any other fruit of choice.

Recipes tested by Heilie Pienaar

