

# Apple and raisin muffins 蘋果提子乾鬆餅

Makes: 12

Calories: 190 per muffin

12個

每個 190 卡路里

<p>3 tbsp runny honey 2 medium Braeburn apples, peeled and diced 1 tsp Chinese five-spice powder 1 tsp ground mixed spice 2 large free-range eggs, beaten 3 tbsp toasted sesame oil 200ml semi-skimmed milk 2 small bananas, peeled and mashed 300g self-raising flour 2–3 tsp granulated sweetener 1 tsp bicarbonate of soda 40g raisins</p>	<p>3 湯匙蜜糖 2 個布雷本蘋果，去皮切粒 1 茶匙五香粉 1 茶匙雜錦香科 2 隻走地大雞蛋，拌勻 3 湯匙烤芝麻油 200 毫升半脫脂奶 2 條細香蕉，去皮壓成蓉 300 克自發粉 2-3 茶匙粒狀甜味劑 1 茶匙梳打粉 40 克提子乾</p>
<p><b>For the crumble topping</b> 1 tbsp rolled oats 1 tbsp light brown sugar</p>	<p><b>鬆餅上配料</b> 1 茶匙燕麥片 1 茶匙黃糖</p>
<p>1. Preheat the oven to fan 180°C/gas 4. Line a 12-cup muffin tray with large muffin cases. 2. Put the honey into a small non-stick saucepan over a medium heat and heat for 2–3 minutes to caramelize gently, until it turns a dark golden brown and just begins to smoke. Add the apples, along with the spices, and stir gently for 3–4 minutes or until slightly softened. Remove from the heat and leave to cool. 3. Combine the beaten eggs, sesame oil and milk in a bowl. Mix in the mashed bananas. 4. In a large bowl, stir together the flour, sweetener, bicarbonate of soda and raisins. Make a well in the middle. Pour in the egg mixture and add the apples with any liquid from the pan. Stir gently to combine. 5. Spoon the mixture into the muffin cases. Mix the oats and sugar together and sprinkle on top of each</p>	<p>1. 將焗爐預熱至 180°C。將蛋糕紙杯放進 12 個鬆餅烤盤中。 2. 蜂蜜放入小型不粘鍋，中火加熱 2-3 分鐘，直至變成深金黃色。開始冒煙時，加入蘋果和香料，輕輕攪拌 3-4 分鐘至稍微軟化。熄火，待涼。 3. 打勻的雞蛋、芝麻油和脫脂奶混合在一起。加入壓蓉的香蕉拌勻。 4. 準備一個大碗，倒入自發粉、甜味劑、梳打粉和葡萄乾。在麵粉中央挖個洞，倒入雞蛋混合物，略為攪拌。最後加入煮好的蘋果拌勻。 5. 將麵糊倒入紙杯。另外混合燕麥和黃糖，撒在鬆餅頂部。放入焗爐中層焗 20 分鐘。想測試熟不熟，可以將叉子插進鬆餅中間，若叉子乾淨即熟透，不乾淨則多焗幾分鐘。 6. 鬆餅放在蛋糕架上散熱，直至微暖時就可食用。鬆餅可於罐中保存 3 天，下次吃時，在預熱</p>

<p>muffin. Bake on the middle shelf of the oven for 20 minutes. To test, insert a skewer into the centre: it should come out clean. If not give them a few minutes longer.</p> <p>6. Leave the muffins to cool a little on a wire rack, then eat while still warm. They will keep for up to 3 days in a tin and can be reheated in an oven preheated to fan 160°C/gas 3 for 5 minutes.</p>	<p>至 160°C 的爐焗加熱 5 分鐘。</p>
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