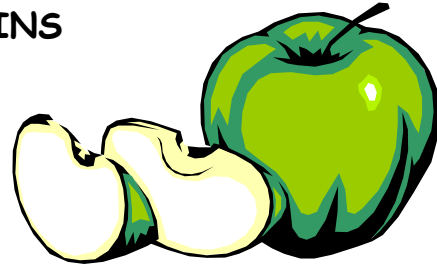


APPLE SPICE MUFFINS

Makes 10 - 12 standard size



9 oz (225 g) plain flour
3 teaspoons (15 ml) baking powder
(Or use self-raising flour, with no baking powder)
 $1\frac{1}{2}$ teaspoons (7.5 ml) mixed spice (or try $1\frac{1}{2}$ teaspoons cinnamon plus $\frac{1}{4}$ teaspoon nutmeg and a pinch of ginger and cloves)
3 - 4 oz (85 - 110 g) fine white granulated sugar
1 egg
6 oz (170 g) finely chopped apple (Granny Smiths are best, but most other types should work just as well)
5 fl oz (150 ml) milk
3 fl oz (90 ml) vegetable oil or 3 oz (85g) polyunsaturated margarine, melted
2-3 oz (60 - 85 g) raisins, sultanas or chopped walnuts (optional)

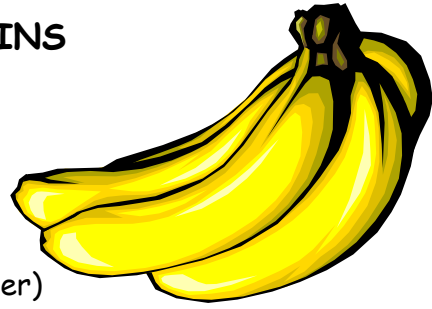
Optional Topping:

3 tablespoons (45 ml) soft brown sugar
2 oz (60g) walnuts, chopped

Method:

1. Prepare muffin tins. Preheat oven to 375 - 400°F (190 - 200°C) for a conventional oven, Gas Mark 5 - 6.
2. In a large bowl, sift together: flour, baking powder, salt, spice and sugar.
3. In another bowl, beat egg with a fork. Stir in chopped apple and milk, followed by oil/melted margarine.
4. Pour all of wet mixture into dry. Stir until just combined, adding dried fruit/walnuts during the final strokes. This batter is thicker than most; apple releases juice as it cooks.
5. Spoon into tins. Sprinkle with topping if used. Bake about 20 - 25 minutes until tops are lightly browned and spring back when pressed gently. Cool for several minutes to make removal easier.

BANANA MUFFINS



Makes 11 - 12 standard size

10 oz (280 g) plain flour
1 teaspoon (5 ml) baking powder
(Or use self-raising flour, with no baking powder)
1 teaspoon (5 ml) bicarbonate of soda
3 large well-ripened bananas (about 1 lb / 450g in total)
will yield 8 - 10 fl oz / 240 - 290 ml when peeled and mashed
4 oz (110 g) granulated sugar
1 egg, beaten with a fork
2 - 3 fl oz (60 - 90 ml) milk or water
3 fl oz (90 ml) vegetable oil or 3 oz (85 g) butter, melted
2 - 3 oz (60 - 85 g) walnuts or plain chocolate chips (optional)

Method:

1. Prepare muffin tins. Preheat oven to 375 - 400°F (190 - 200°C) for a conventional oven, Gas Mark 5 - 6.
2. In a large bowl, sift together: flour, baking powder, bicarbonate of soda and salt. (Add chocolate if using).
3. In another bowl, mash bananas thoroughly with a potato masher. Stir in sugar, egg, milk/water and oil/butter. (Add oats and vanilla if using).
4. Pour all of wet ingredients into dry. Stir just until batter is evenly mixed but still lumpy. No dry flour should be visible. (Add walnuts during the final strokes, if using).
5. Spoon into tins. Bake for 20 - 25 minutes, until tops are lightly browned and spring back when pressed gently.

** With self-raising flour, omit baking powder; do not alter bicarbonate of soda*

Note: Ripe bananas can be frozen in an airtight container or freezer bag. Simply thaw and peel when needed; though black and unappetising, they are perfect for baking!

BANANA OATMEAL MUFFINS

Reduce flour to 8 oz (225g). Add 2 oz (60g) rolled oats to the wet mixture. Add 1 teaspoon (5ml) vanilla essence if desired.

FLAPJACKS

8 oz (225 g) rolled oats
4 oz (110 g) Demerara sugar
4 oz (110 g) Polyunsaturated margarine
2 tablespoons Golden Syrup

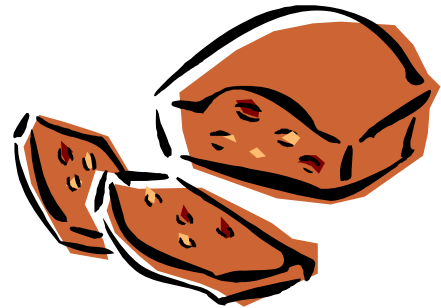


Method:

1. Line a 6"/15 cm square, 1"/2.5 mm deep baking tin with baking parchment.
2. Preheat oven to 170°C/300°F, Gas Mark 3.
3. Melt the sugar, margarine and syrup gently together.
4. Stir the melted mixture into the oats until all are well combined.
5. Press the mixture evenly and lightly into the baking tin.
6. Bake for approximately 25 minutes.
7. Leave in the tin until cold, then remove and break into squares.

MALT LOAF

1 cup each of: All Bran
 Raisins or Sultanas
 Granulated sugar
 Milk
 Self-raising flour



Method:

1. Mix the bran, fruit, sugar and milk in a bowl. Cover and leave overnight.
2. Mix in the flour and pour into a greased or lined loaf tin.
3. Bake for approximately 1 hour on 180°C/350°F or Gas Mark 4.
4. Leave to cool

Can be frozen.

YUMMY BARS

1 x 405gm tin condensed milk
9 oz porridge oats
3 oz desiccated coconut - can be omitted and replaced with dried fruit or chocolate (2 dessertspoons cocoa powder made into a thin paste with $\frac{1}{2}$ condensed milk tin of hot water)
4 oz dried cranberries or any dried fruit
4 $\frac{1}{2}$ oz mixed seeds, eg sunflower, pumpkin, sesame, or omega-3 mix
4 $\frac{1}{2}$ oz natural, unsalted peanuts or any nuts.

Method:

Warm the milk in a large saucepan and mix in all the ingredients.
Grease an oblong tin - approx 23 x 33 x 4 cms, and line the base with greaseproof paper.
Bake for about $\frac{1}{2}$ to $\frac{3}{4}$ hour at 130° C. Ready just before they start to turn brown.
Cut into bars while still warm and remove from tin after about 15-20 minutes.

Note: They are difficult to remove from the tin when cold, so might be best to line the bottom of the tin with greaseproof paper.

The fruit, nuts and seeds can be varied:
Raisins, sultanas, apricots, diced pineapple, papaya, tropical fruits instead of the cranberries and coconut.
Cashews, almonds, hazelnuts, walnuts instead of peanuts.