



APPLE CHAI MUFFINS



What's in it?

- 200g Self-raising Flour
- 2 Sachets of Bondi Chai Club Cinnamon
- 1/2 Cup of Sugar
- 3/4 Cup of Milk
- 1 Egg
- 1/4 Cup of Oil
- 1/2 Cup of Greek or Natural Yoghurt
- 1 Apple, grated (+ an extra half, sliced thinly)

How does it go together?

1. Preheat oven to 180°C.
2. Line a muffin tin with paper cases.
3. In a medium bowl, combine the flour and chai powder.
4. In a separate bowl, combine the remaining wet ingredients.
5. Make a well in the centre of the dry ingredients and pour in the wet ingredients. Mix until just combined (don't over-mix).
6. Spoon the batter into prepared muffin cases to about 2/3 full.
7. Finish by pressing a couple apple slices into the center of each muffin.
8. Bake for 20-25 minutes or until cooked.
9. Allow to cool in the tin for 5 minutes, then place on a wire rack.