



Autumn/Winter Recipes

Apple & Cinnamon Muffins



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Serves	Prep	Cook
12	15min	25min

Apple & Cinnamon Muffins

Ingredients

Dry Ingredients

- 2 $\frac{1}{3}$ cups (290g) all-purpose plain flour
- $\frac{3}{4}$ cup (145g) granulated sugar
- 3 teaspoons (15g) baking powder
- 1 teaspoon (5g) ground cinnamon
- Pinch of salt

Wet Ingredients

- 3 cups (750g) of diced apple
- 1 cup (250ml) milk of your choice
- $\frac{1}{2}$ cup (125ml) sunflower oil
- 1 teaspoon (5ml) vanilla extract

Method

1. Preheat the oven to 180°C (350°F). Line a muffin/cupcake tray with liners. (note)
2. Add all the dry ingredients to a medium or large bowl and mix until well combined. Add all the wet ingredients (except the apple) and mix until just before it's combined. Add the chopped apple and fold until the apple is evenly dispersed.
3. Use an ice cream scoop or a large spoon to divide the batter into your muffin tin.
4. Bake the muffins in the oven for 20-25 minutes OR until a skewer can be inserted into the middle and there is no wet batter on it.
5. Cool the muffins in their tray for 10 minutes then allow them to cool on a wire rack.
6. Enjoy the muffins warm or at room temperature! The muffins can be stored in an airtight container at room temperature for 2 days, in the fridge for 3 days or in the freezer up to 1 month.

Notes

This recipe will make 12 standard muffins or around 8-10 larger cafe-sized muffins





Autumn/Winter Recipes

Chicken Pad Thai



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Serves	Prep	Cook
4	15min	25min

Chicken Pad Thai

Ingredients

- 230g flat rice noodles
- 360g chicken mince
- 1 cup (roughly 100g) of bean sprouts or sliced green beans
- ¼ red capsicum finely sliced
- ¼ brown onion thinly sliced
- 2 tsp (10g) of minced garlic
- 4 tbsp (60ml) vegetable oil

For the sauce

- 1 tbsp (15ml) maple syrup
- 2 tbsp (30ml) lime juice
- ¼ cup (60ml) of orange juice squeezed
- 1 tbsp (15ml) rice wine vinegar
- ¼ cup (60ml) fish sauce
- 3 tbsp (45ml) soy sauce

Method

1. Combine the sauce ingredients in a jug and set aside. Prepare noodles according to packet directions.
2. Heat 2 tbsp of oil in a pan on medium heat, then add vegetables, stir fry for 2 mins or until slightly softened remove from pan and set aside.
3. Add rest of the oil and stir fry chicken mince breaking up any lumps and cooked until lightly browned, return vegetables and sauce to the pan along with the drained noodles and stir fry on high heat for 2 minutes. Serve into bowls.
4. Enjoy!

