

## Gluten Free & vegan stem ginger and apple muffins

makes 12



125g gluten free plain flour  
125g gluten free oat flour  
1 ½ teaspoons baking powder  
1 teaspoon bicarbonate of soda  
2 teaspoons ground ginger  
2 teaspoons mixed spice  
120g dark brown sugar  
100g cooked apple  
70g stem ginger, chopped  
100g dairy-free margarine, melted  
150 - 200ml plant-based milk

1. Preheat oven to 220°C / 200°C fan oven / gas mark 7. Line a muffin tray with paper cases.
2. Sieve the gluten-free flour, oat flour, baking powder, bicarbonate of soda, ground ginger and mixed spice into a large bowl. Stir together well. *\*If you have a powerful blender, gluten free oats can be blitzed to make flour. This is cheaper than buying oat flour.*
3. Stir in the dark brown sugar.
4. Peel and slice the apple. Cook until soft in a saucepan on a low heat (I cook apple and freeze in small batches).
5. Measure 150ml plant-based milk and pour into the dry ingredients with the melted margarine. Mix together with a large spoon. The mixture should be a thick runny consistency.
6. Stir in the chopped stem ginger.
7. Divide evenly between the paper cases.
8. Bake for 15 – 20 minutes until the top looks firm. Test to see if cooked by inserting a small sharp knife into the centre of a muffin. If the knife comes out clean, the muffins are cooked. Leave to cool on a wire rack.