**Rich Spiced Apple Muffins**

These are wonderful, richer and more moist than those from your local baker, unless he or she is very good indeed.

It’s impossible to say how many this will make – it depends on the size of each muffin, but at least 12, and up to 24.

*You’ll need:*

* 1 cup apple mixed with 1 tbsp lemon juice to stop browning
* ½ cup grated carrot
* 2 cups self-raising flour
* 1 cup brown sugar
* 1 egg, lightly beaten
* 1¼ cups cream
* 1 tbsp mixed spice, or freshly ground cinnamon and a hint of nutmeg (Much better: I use a small coffee grinder to grind cinnamon bark when I need it.)
* 3 tbsp extra virgin olive oil

*Optional:* ½ cup sultanas soaked in apple or orange juice overnight, so they are soft and plump

*Method:*

Mix ingredients lightly.

Place into greased and floured muffin tins.

Bake in a pre-heated oven at 200 ºC for 12-20 minutes.

Small muffins will take less time to cook.

They’ll be lightly browned on top and spring back when you press them on top.

Don’t overcook them – overcooked ones become dry.

Eat hot. Muffins need to be eaten fresh, or cooled and frozen then reheated just before eating.