**Healthy Apple Muffins**

**INGREDIENTS**

* 1 ¾ cups plain flour
* 1 ½ teaspoons baking powder
* 1 teaspoon ground cinnamon
* ½ teaspoon bicarbonate of soda
* ½ teaspoon salt
* 1 cup grated apple
* 1 cup apple diced into ¼” cubes
* ⅓ cup oil
* ½ cup maple syrup or honey
* 2 eggs, preferably at room temperature
* ½ cup plain Greek yogurt
* 1 teaspoon vanilla extract
* Sugar for dusting on top

**METHOD:**

1. Preheat oven to 200⁰C.
2. In a large mixing bowl, combine the flour, baking powder, cinnamon, baking soda and salt. Blend well with a whisk. Add the grated and chopped apple and stir to combine.
3. In a medium mixing bowl, combine the oil and maple syrup and beat together with a whisk. Add the eggs and beat well, then add the yogurt and vanilla and mix well.
4. Pour the wet ingredients into the dry and mix with a big spoon, just until combined (a few lumps are ok). The batter will be thick, but don’t worry! Divide the batter evenly between the 12 muffin cups.

Hotpot with Dumplings

**Ingredients (serves 4) For the Dumplings (makes 8)**

Olive oil 100g Self raising flour

1 onion 50g Suet

Button mushrooms 1 egg

2 sticks celery seasoning

1 tin tomatoes

Chicken or quorn pieces

**Method**

* Heat the oil in a large pan then gently fry the chicken or quorn. Add the onion, mushrooms and celery and cook for 3 minutes.
* Add the tomatoes and seasoning. Cover and simmer.
* Meanwhile, make the dumplings by combining all the ingredients in a bowl and mixing to form a dough. Split the mixture into 8 balls.
* Stir the hotpot then gently place the dumplings on the top, cover and bake for 26 minutes, removing the lid for the last 3 minutes of cooking.