

## Fruit Muffin Recipe

### Ingredients

(makes 24 muffins)

- 1 cup of diced dried apples
- 1 cup of diced dried apricots
- 1/2 cup of sultanas
- 1/2 cup of pineapple pieces
- Boiling water sufficient to cover the dried fruit.
- 2 Cups of Self raising flour (wholemeal or plain)
- 2 eggs lightly beaten
- 2/3 cup of sugar
- 425 ml (2 cups) of apricot nectar
- 6 Tbsp margarine melted.

### Instructions

1. Place dried fruits (apple, apricot, sultanas) in a bowl, pour boiling water over them and stand for half an hour. Drain Well.
2. place the self raising flour in a separate large bowl
3. add sugar and fruits (including pineapple) to the flour.
4. combine the egg, apricot nectar, any pineapple juice left from the tin and melted margarine into a separate bowl.
5. Pour liquid ingredients over the flour, sugar and fruit. Stir until just combined (be careful to ensure all the flour is mixed in)
6. Spoon mixture into greased muffin trays and bake at 180°C for approximately 30 minutes.

### Notes:

I recommend wholemeal flour as it makes a much better tasting (and healthier) muffin.