

Spuffin (Spinach Muffin)

Allergens – **Gluten**, **Eggs**, **Milk**

Ingredients

Quantity	Ingredient
400g	SR Flour (contains Wheat)
225g	Margarine
105g	Caster Sugar
200g	Eggs (4)
120g	Spinach (cooked, drained & chopped)
200g	Apple (cooked & diced)
10ml	Vanilla Essence



Method

1. Prepare muffin tins by using muffin cases.
2. Cream the sugar and margarine together.
3. Add in the prepared spinach and apple and combine gently.
4. Fill muffin cases $\frac{3}{4}$ full and bake in a moderate oven at 180°C, 350°F, Gas Mark 4, until golden brown.

Note - Use full size muffin cases.

Nutritional Content per 70g

Energy (kcal)	Fat (g)	Saturated Fats (g)	NME Sugar (g)	Total Sugar (g)	Salt (g)	Carbs (g)
= 205	= 10.7	= 2.4	= 5.5	= 6.7	= 0.4	= 21.5

Portion size - Primary – 70g