

Warm Apple Maple Crumble Cakes

Ingredients

- 1 large green apple
- 60g healthier margarine spread*
- ¼ cup caster sugar
- 1 egg, lightly beaten
- ½ cup wholemeal self-raising flour
- ¼ cup self-raising flour
- ¼ cup reduced fat milk, combined with
- 2 teaspoons pure maple syrup
- 2 tablespoons Lowan Rolled Oats
- ¼ cup chopped plain, unsalted walnuts
- 2 tablespoons Lowan Rolled Oats, extra
- ¼ cup chopped plain, unsalted walnuts, extra
- 1 tablespoon maple syrup, extra
- Healthier Oil Spray

Method

1. Peel, core and cut apple into a 2cm pieces. Place apple in a small saucepan with 2 tablespoons water, cover and cook over a medium heat until the apple is just tender. Remove the saucepan lid and continue to cook until any liquid is absorbed. Cool.
2. Pre-heat oven to 180°C/350°C (160°C fan-forced) and place muffin papers in 8 x 100mL capacity cups of a muffin tray. Spray the insides of the papers with oil spray.
3. Place margarine spread, sugar, egg, flours, milk and maple syrup into a mixing bowl. Mix with a wooden mixing spoon until well combined. Stir in the oats and walnuts.
4. Chop ¼ cup of the apple and stir into the mixture.
5. Spoon mixture evenly into the prepared muffin cases.
6. Divide the remaining apple pieces evenly over the cakes and sprinkle with the extra oats and walnuts.
7. Bake for 20-25 minutes or until golden and when a skewer inserted into the centre of the cakes comes out clean.
8. Cool for a few minutes in the tins before removing from the paper cases and serving warm drizzled with the extra maple syrup.



TIPS – Cakes can be served with reduced or low fat plain custard or reduced fat ice cream.

* Healthier margarine spreads – e.g. margarine spreads made with canola, sunflower, soybean, safflower or olive oils