



Spicy Apple and Almond Muffins

These moist, spicy muffins are delicious served with an Anlene smoothie or café latte.

Makes 18

3 cups	self-raising flour
2	Granny Smith apples, peeled, cored and chopped
¼ cup	flaked almonds, toasted
⅔ cup	caster sugar
1 teaspoon	ground cinnamon
1 teaspoon	ground ginger
½ teaspoon	mixed spice
2	eggs, lightly beaten
1½ cups	Anlene Low Fat
125g	Western Star Butter, melted
1	apple, extra, quartered and thinly sliced
	ground cinnamon, for sprinkling

Method:

1. Combine flour, apples, almonds, sugar and spices in a large bowl. Whisk together eggs, **Anlene Low Fat** and butter and stir into dry ingredients until just combined.
2. Spoon mixture into 18 paper case lined muffin pans, press apple slices into the top of each muffin and sprinkle with extra cinnamon.
3. Bake muffins at 200°C for 20 minutes until golden and cooked. Allow to cool in pans for 5 minutes before removing to cool completely on a wire rack.

Tip: Muffins are best eaten on the day they are made but can be kept for 2 days in an airtight container.

MAGNET AREA



Anlene™

EXPERT IN BONE NUTRITION

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Did you know that bones can begin to break down after age 25?

The good news is that they are alive and you can feed them everyday with Anlene.

Enjoy Anlene milk with added Vitamin D and minerals – it has more than just calcium to help maintain your bones.

Anlene. Expert in Bone Nutrition.

NUTRITION INFORMATION

AVERAGE QTY	PER SERVE (94g)	PER 100g
ENERGY	840kJ	892kJ
PROTEIN	4.2g	4.4g
FAT		
– TOTAL	7.5g	7.9g
– SATURATED	4.2g	4.5g
CARBOHYDRATE		
– TOTAL	30.0g	30.7g
– SUGARS	12.4g	13.3g
DIETARY FIBRE	1.5mg	1.5mg
SODIUM	232mg	246mg
CALCIUM	75mg	80mg

Nutritional Information may vary according to ingredients used.

Anlene™ is specially formulated to supplement the nutritional needs of adults who may be lacking in essential bone nutrients and energy in their everyday diet.

Anlene Tips

- *Make a simple low fat white sauce by thickening Anlene Low Fat or No Fat* with cornflour, add flavourings of choice such as cheese, herbs or pesto. Use in lasagne, macaroni cheese and mornay.*
- *Use Anlene Low Fat or No Fat* as you would regular milk when baking cakes or making pancakes and quiches.*
- *Poach fish in simmering Anlene Low Fat or No Fat*, flavoured with coconut and lemongrass or bay leaves and garlic.*

*less than 0.15g fat/100ml

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