



Apricot Muffins

Makes 12

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Preparation time 20 minutes

Cooking time 15 minutes

Ingredients

300g (10oz) plain flour
1 tbsp baking powder
½tsp Fairtrade mixed spice
150g (5½oz) Fairtrade dried apricots, chopped
85g (3oz) Fairtrade soft brown sugar
50g (1¾oz) chopped nuts
1 tsp grated rind of a Fairtrade orange
125g (4½oz) butter, melted
200ml (7fl oz) milk
1 large egg, lightly beaten

Method

Preheat the oven to 200°C/400°F/Gas Mark 6. Brush a muffin tin with oil and set it aside.

Sift the flour, baking powder, and mixed spice into a large bowl.

Stir in the apricots, sugar, nuts, and rind and set aside.

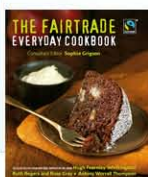
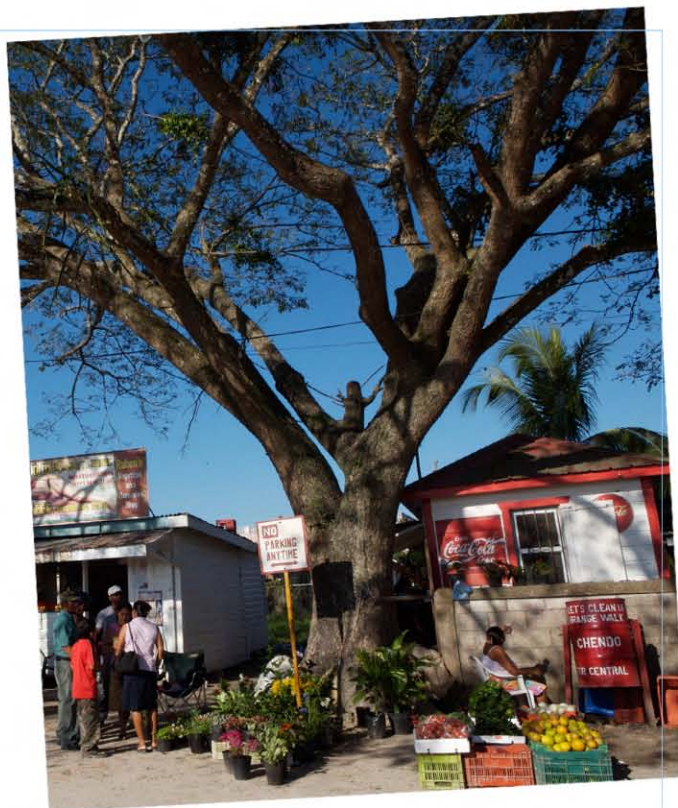
Whisk together the butter, milk, and beaten egg. Make a well in the centre of the dry ingredients and add the egg mixture.

Mix lightly until just combined and spoon into the prepared muffin tin.

Loosen the muffins with a spatula and turn them out onto a cooling rack.

Tip

You could use Fairtrade brazil nuts in this recipe, to increase the number of Fairtrade ingredients.



About the recipes

Published to coincide with Fairtrade Fortnight (25th Feb – 9th March), DK's Fairtrade Everyday Cookbook contains 100 mouth-watering recipes using Fairtrade ingredients: from One Pot Chicken to Secret Soup, Simple Mango Sorbet to White Chocolate Cakes. The recipes are a combination of prize-winners from a nationwide competition and delicious dishes from top cooks and celebrities including Hugh Fearnley-Whittingstall, Joanne Harris, Steve Redgrave and Ruth Roger. For every copy sold a portion of the cover price will be donated to Fairtrade. Buy it now from www.dk.com/fairtrade RRP £16.99.