

Recipe 4

Yoghurt and apple muffins



- Plain flour 150 gr
- Low fat yoghurt 125 gr
- Brown sugar 75 gr
- Sunflower oil 50 gr
- Whole egg 1
- Egg whites 2
- Diced apple 1
- Grated lemon rind
- ½ sachet of yeast for cakes

Whisk the egg whites with the sugar, gradually adding the sieved flour, yogurt, oil, apple and finally the yeast. Put into muffin cases and cook at 170° C for 25 minutes.