



Spiced Apple Crumble Muffins

with Whipped Cream

Grab your Meal Kit with this symbol



Apple



Lemon



Classic Oat Mix



Plain Muffin Mix



Sweet Golden Spice Blend



Vanilla-Flavoured Syrup



Thickened Cream

Prep in: 20 mins
Ready in: 60 mins

It really is the sweet life when you have these on your plate. In every bite, you'll meet perfectly spiced apple and hints of lemon, which happily welcomes the addition of fluffy whipped cream.

Pantry items

Butter, Milk, Eggs, Vegetable Oil

Before you start

Wash your hands and any fresh food.

You will need

12-hole muffin tin · Electric beaters (or a metal whisk)

Ingredients

	10-12 Muffins
apple	2
lemon	½
butter*	60g
classic oat mix	½ packet
plain muffin mix	1 packet
sweet golden spice blend	1 medium sachet
vanilla-flavoured syrup	1 medium packet
milk*	200ml
eggs*	1
vegetable oil*	2½ tbs
thickened cream	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	1436kJ (343Cal)	872kJ (208Cal)
Protein (g)	5.6g	3.4g
Fat, total (g)	13.1g	8g
- saturated (g)	5.8g	3.5g
Carbohydrate (g)	46.9g	28.5g
- sugars (g)	23.5g	14.3g
Sodium (mg)	524mg	318mg

The quantities provided above are averages only.

*Nutritional information is based on 12 muffins.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Get prepped

- Preheat oven to **180°C/160°C fan-forced**. Grease and line a 12 hole muffin tin with baking paper.
- Finely chop **apple**.
- Zest **lemon**.
- Place the **butter** in a medium heatproof bowl and microwave in **10 second** bursts until melted.
- Add **classic oat mix (see ingredients)** to the butter and stir to combine. Set aside.

3



Whip the cream

- Before serving, using electric beaters, whisk **thickened cream** in a large bowl or jug until soft peaks form and almost double in size, **3-4 minutes**.

TIP: If you don't have electric beaters, use a hand whisk!

TIP: For maximum volume, chill both your bowl and cream before whipping.

2



Bake the muffins

- In a large bowl, combine **plain muffin mix, sweet golden spice blend, vanilla-flavoured syrup, lemon zest**, the **milk**, the **eggs** and the **vegetable oil** and mix until just combined.
- Gently stir through **apple**.
- Spoon **muffin batter** into the prepared tin. Top with **crumble mix**.
- Bake until golden and a skewer inserted comes out clean, **25-30 minutes**. Transfer to a wire rack to cool completely.

4



Serve up

- Serve spiced apple crumble muffins with whipped cream. Enjoy!

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