

Apple and ginger muffins with cider frosting



'Tinkers Cake' is a traditional Welsh apple cake recipe made historically for travelling iron workers in the valleys of South Wales. Here's a modern twist with the addition of Welsh cider for the topping.

Makes 12 | Prep 20 minutes | Cook 25 minutes

Ingredients

200g self raising flour
1 teaspoon baking powder
1 teaspoon ground ginger
50g wholemeal spelt flour
100g demerara sugar
2 eggs
125ml milk
4 tablespoons melted butter or sunflower oil
250g cooking apples grated
50g stem ginger, chopped

Frosting

50g melted butter
175g icing sugar
2 tablespoons traditional Welsh cider*
1 tablespoon pumpkin seeds

Method

- 01 Heat oven to 180°C/160°C fan/Gas 4.
- 02 Mix flours, spice, baking powder and sugar in a bowl.
- 03 In another bowl whisk eggs, milk and oil or butter and then pour onto the dry ingredients and mix well. Stir in apples and ginger.
- 04 Divide between 12 muffin cases and bake for 25 minutes.
- 05 Cool on wire rack while you prepare the icing by mixing all three ingredients until smooth.
- 06 Spread over each muffin and scatter pumpkin seeds over the top.

