

Dinca 'fala

INGREDIENTS (makes 6)

- 100g white self-raising flour
- 25g margarine
- 3 teaspoons caster sugar
- 4 teaspoons porridge oats, plus 1 for sprinkling
- 1 dessert apple – grated
- ¼ teaspoon mixed spice or cinnamon (optional)
- 2 dessertspoons milk



EQUIPMENT

- weighing scales, dessertspoon, mixing bowl, fork, teaspoon, grater, muffin tray or baking tray

METHOD

1. Heat the oven to 190°C/Gas 5. Weigh out the flour and margarine and place in a mixing bowl.
2. Using your fingertips or a fork, rub the margarine into the flour until the mixture resembles breadcrumbs. Then add the sugar, oats and mixed spice to the bowl.
3. Carefully grate the apple and add to the bowl with the milk. Then with your fork mix the ingredients together to form a soft dough (add a little more milk if necessary).
4. Divide the mixture into 6 and spoon into a muffin mould or onto a floured baking tray. Sprinkle each dinca fala with some oats and bake for 12 - 15 minutes until risen and golden-brown.

HANDY HINT!

Why not try making a double batch and freeze some for a later date.

ALLERGY AWARENESS!

This recipe contains: cereals containing gluten, milk

