

# Apple & Cinnamon Cupcakes

A fun "cake in a mug" with a delicious date sauce to pour on the top.

Be careful because the cake mix will expand when cooked . . . sometimes quite a lot!

Take & Make Boxes are assembled in a facility that also handles celery, gluten, eggs, lupin, milk, mustard, peanuts, sesame, soybeans, sulphur dioxide, sulphites and tree nuts. Therefore, this product may contain trace allergens that have not otherwise been declared.



## Equipment you will need:

Microwave  
2 x large microwave-safe bowl  
4 x microwave-safe mugs  
Fork  
Grater  
Wooden spoon  
4 spoons  
Oven gloves

## Ingredients (allergens highlighted in bold):

### Apple & Cinnamon Cake:

240g self-raising flour (**gluten**)  
75ml plant-based milk (**soy**)  
100g dates  
1 tbsp cinnamon  
1 tbsp oil  
1 apple  
2 bananas

### Date Syrup:

75g apple sauce  
100g dates  
75ml plant based milk (**soy**)

Helpful tip: 1 tablespoon = 3 teaspoons or 15ml

## Remember!

How fast your microwave cooks will vary from model to model. Don't forget to use oven gloves, or ask an adult for help, when handling hot items!

Find other recipes at: [mayorsfundforlondon.org.uk/kitchen-social/take-and-make](https://mayorsfundforlondon.org.uk/kitchen-social/take-and-make)  
Share your feedback in our survey: [www.surveymonkey.co.uk/r/TakeandMake](https://www.surveymonkey.co.uk/r/TakeandMake)

## Instructions:

1. Rip or cut the dates into little pieces with your hands or a knife, taking care to discard the stones. Find two bowls and place half of the ripped up dates into each. Pour 75ml of milk into each bowl to soak the dates.

Put one of these bowls to the side - we will come back to this later.

2. Wash the apple and grate it into the remaining bowl. It's fine to grate the skin, but stop at the seeds/middle.
3. Mash the bananas with a fork and add this to the milk, date and apple mixture. Now, add 1 tsp of your oil and mix everything in the bowl until all ingredients are fully combined.

4. Add the flour and half of your cinnamon to the bowl.
5. Mix everything together for roughly two minutes - the trick is making sure that you've mixed in all of the flour. You can use your hands or a wooden spoon if you prefer. Stop after three minutes to avoid over mixing.
6. Pour a drop of oil into each of the mugs you'll be cooking your cupcakes in. With your fingers, swirl around the oil and push it up the sides of each mug - making sure the oil coats the inside.
7. Then, take your spoon and scoop a quarter of your dough into each mug.

8. If they all fit, place all four mugs in your microwave and heat for four minutes on high power.
9. While the cakes are cooking, take the bowl of dates and milk you left to one side. Add the apple sauce and stir well.
10. After four minutes, remove one mug and check the centre. If the dough is still sloppy, return to the microwave for another minute. Repeat again if still needed. Set the cakes on the side to cool once they are done.
11. Finally, heat the dates, milk and apple sauce mix in the microwave on full power for two minutes. Once this is piping hot, mash the dates with your fork and mix into a nice sauce. Now pour the sauce on top of your cakes and serve!



**Top Tip!** Try not to mix the dough for too long as it will become tough and dense. Stop mixing it as soon as it comes together to get the most fluffy cakes.