



## Australia's Biggest Morning Tea

### Simon Bryant's Apple, Barley and Almond Muffins

#### Ingredients

300g wholemeal flour  
2 tsp baking powder  
1/2 tsp lemon zest  
150g sugar  
1 tsp ground cinnamon  
240ml buttermilk  
65 ml Australian extra virgin olive oil  
1 free-range egg  
30g toasted Australian almonds, skin on, roasted and roughly chopped  
100 g green apple, diced into 1 cm cubes and tossed in juice of 1/2 lemon  
3 tblsp pearl barley boiled in water and 1 cinnamon stick until soft, drain and discard cinnamon

#### Method

Combine all ingredients gently in a bowl. Spoon into greased muffin tins and bake at 180 degrees for 10–15 mins. (Makes 12 medium muffins)

#### Make Your Morning Cuppa Count

*Registrations are now open for Australia's Biggest Morning Tea, Cancer Council SA's most popular annual fundraiser and community event.*

*All money raised from the 27 May event will help Cancer Council SA provide important research, prevention and support strategies and reduce the impact of cancer on all South Australians.*

*To make your morning cuppa count, get a group of friends or colleagues together and enjoy a morning tea, afternoon tea, lunch or even a large community event.*

*The official tea party date is Thursday 27 May, but events can be hosted at any time during May and beyond.*

*For more information about registering as a host or to donate, visit*

**[www.biggestmorningtea.com.au](http://www.biggestmorningtea.com.au)**

