

NEWSLETTER

SPRING 2016

**PARENT
AID** 
SUPPORTING PARENTS.
STRENGTHENING FAMILIES.

Parent Aid North West is alive and well...

Yes, the Ministry of Social Development is no longer funding Parent Aid's, but here in the North West we have fantastic support from a number of funders. So it is business as usual, providing practical support to families, from Kumeu through to Glorit and areas in between. Please give us a call, if you have a newborn or could do with a hand, and a Home Support Worker will be winging their way to you with a smile and an extra pair of hands. We would love to prepare a meal, look after your little one — so you can have a rest, or help with light housework.

THE TEAM

INTRODUCING NEW HOME SUPPORT WORKERS

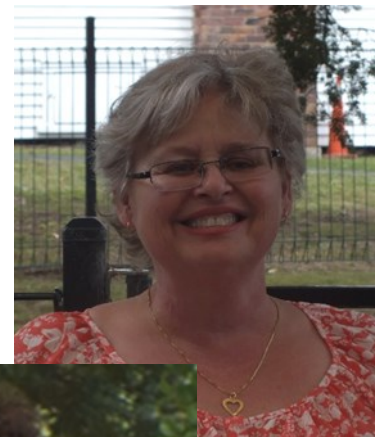
Pauline and Tina have joined the wonderful Parent Aid team. They bring with them a wealth of experience in raising their own children and in working and volunteering in their local communities. They are keen to support you in the hardest job on earth 'raising great children'.



Above: Pauline



Right: Bev.



Above: Kim



Left: Elanie



Right: Gabriella



Invisible apple muffins

Ideal for lunch boxes, these apple muffins are really yummy. Using grated apple means you get that lovely apple flavour but the kids won't even notice the apple in there!

serves: 12

Ingredients

- 2 cups self raising flour
- 1/2 cup caster sugar
- 1/3 cup (80mL) olive or vegetable oil
- 1/3 cup milk
- 2 eggs
- 1/2 teaspoon vanilla extract
- 2 medium apples, peeled and grated
- 1 teaspoon cinnamon
- 1 teaspoon caster sugar, extra

Method

1. Preheat oven to 180°C and place paper cases in muffin tray. Sift flour into large bowl, add caster sugar and mix well.
2. In a glass jug, measure out oil (to 1/3 cup), add milk (to 1/3 cup), eggs and vanilla, whisk to combine.
3. Pour liquid into dry ingredients, add grated apple and stir or beat well to combine. Sprinkle with combined cinnamon and extra caster sugar.
4. Bake for 20-25 minutes until a skewer inserted into the muffin comes out clean.

Notes

- My children recoil in horror at the sight of cinnamon and sugar on top of the muffins, so omit this lovely touch if it means you can get your kids to eat the invisible apple.
- Make these muffins gluten-free using gluten-free plain flour and 3 teaspoons gluten-free baking powder.

*Recipe created by Melissa Hughes for **Kidspot**.
<http://www.kidspot.com.au/kitchen/recipes/invisible-apple-muffins-704>*

Contact Us

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