



CARROT CAKE MUFFINS

Preparation Time

15 minutes

Cooking Time

20 minutes

Serves

12 muffins

Ingredients:

2 cups grated carrot (3 large carrots)
1 cup walnut pieces
3 eggs
1 cup castor sugar
2/3 cup vegetable oil
1 tsp vanilla essence
1 1/3 cups SR flour
1 tsp bicarb soda
1 tsp cinnamon
1/2 tsp nutmeg

Preparation:

Peel and grate carrots. Chop walnuts into small pieces.

Whisk eggs, sugar, oil and vanilla until well mixed. Add carrots and walnuts.

Fold in sifted flour, bicarb soda and spices.

Pour into muffin molds and bake in oven at 180C for 15 to 20 minutes.

Optional: Ice with cream cheese or lemon icing when muffins are cool.

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RECIPE AROUND!**

Nutritional tip:

Carrots are a great source of Vitamin A. They also contain folate and fibre.

Fight food waste:

Carrots can be revived by trimming and placing in a glass of water until crisp.