



CARROT, APPLE & OAT BREAKFAST MUFFINS



INGREDIENTS

SERVES 6

- 1 cup oats
- 2 cups self-raising wholemeal flour
- ½ cup brown sugar
- 2 teaspoons cinnamon
- 1 egg
- 1 tsp vanilla essence
- 1 apple, grated
- 2 carrots, grated
- ¾ cup melted butter
- ½ cup milk
- 2 tsp oats to top muffins

FROM THE GARDEN

- Eggs
- Carrots

EQUIPMENT

- 24-hole muffin tin (or standard 12-hole tin for larger muffins - bake for 20-25 mins if so)
- Box grater
- Measuring cups
- Large mixing bowl
- Wooden spoon
- Metal spoons
- Oven gloves

INSTRUCTIONS

1. Preheat oven to 180 degrees celsius.
2. Prepare a 24 hole mini muffin tin by coating with spray oil.
3. Combine oats, flour, sugar and cinnamon and mix together well.
4. Add the grated carrot and apple.
5. In a small bowl, combine the milk, egg and vanilla essence and mix well.
6. Pour wet ingredients into dry ingredients, add the melted butter and mix gently to combine.
7. Spoon carefully and evenly into the muffin tin.
8. Top with the remaining oats.
9. Bake for 10 minutes until golden on top.
10. Serve warm from the oven. Eat them as they are, or you can cut in half and spread butter or ricotta cheese on them for an indulgent Mother's Day breakfast treat.

Note: these can be made dairy free by using coconut oil instead of butter, and any dairy free option to replace the milk.