



CARROT MUFFINS

(FATHERS DAY BRUNCH)



INGREDIENTS

YIELDS 12

- 2 cups self-raising flour (or gluten-free self-raising flour)
- 250g carrots grated
- 2 large free-range eggs
- 1/2 cup brown sugar
- 1/2 cup canola oil
- 1 tsp ground ginger
- 1/2 tsp ground cinnamon
- 1 tsp vanilla essence
- Handful of sultanas (optional)

FROM THE GARDEN

- Eggs
- Carrots

EQUIPMENT

- Muffin tin
- Box grater
- Measuring cups
- Large mixing bowl
- Wooden spoon
- Metal spoons
- Oven gloves

INSTRUCTIONS

1. Preheat the oven to 180°C.
2. Grease muffin tray.
3. Beat the sugar and eggs together. Add oil and mix until well combined.
4. Fold in the flour, spices and a pinch of salt. Then fold through grated carrot and sultanas if using.
5. Spoon batter into prepared muffin tray - fill each cup only 1/2 to 3/4.
6. Bake for about 20 - 25 minutes, or until a skewer inserted in the centre comes out clean. Cool on a rack.

