

Carrot Cake Muffins

Ingredients

100g self raising flour
100g caster sugar
100g carrot grated
60g Vegetable oil (or rapeseed/sunflower)
5ml cinnamon
1 egg
40g sultanas or raisins



Equipment

Chopping board, knife, vegetable peeler, grater, measuring spoons, weighing scales, mixing bowl, measuring jug, wooden spoon, sieve, muffin tray, 6 muffin cases, 2 large spoons, fork.

Method

1. Preheat oven to 180°C or gas mark 4.
2. Place the 6 muffin cases in the muffin tin.
3. Top and tail carrot using a vegetable knife and then peel.
Grate carrot onto a chopping board.
4. In a mixing bowl add the sugar, oil and grated carrot and mix to combine.
5. Sift in the flour and cinnamon and combine.
6. Add the sultanas
7. Beat the egg in a small bowl, and then add to the mixture.
8. Mix all the ingredients together to form a smooth batter.
10. Divide the mixture equally between the muffin cases using 2 spoons. Fill each muffin case half full.
11. Bake for 15 minutes, until golden and well risen.
12. Allow to cool on a cooling rack.

Top Tips

- When the mini-carrot cakes are cool, you may wish to make a cream cheese topping. Combine 50g reduced fat cream cheese and 25g icing sugar together.

Food Skills

- Weigh.
- Measure.
- Melt.
- Trim.
- Peel.
- Grate.
- Mix, stir and combine.
- Sift.
- Beat.
- Divide.
- Bake.