

# Carrot, apple and cinnamon mini-muffins

## Ingredients

- 30g light brown sugar
- 50g wholemeal self-raising flour
- 50g self-raising flour
- 1 tsp bicarbonate of soda
- 1 tsp cinnamon
- 1 medium egg, beaten
- 4 tbsp sunflower oil
- 2 tbsp milk
- 50g carrot (1 small carrot)
- 50g apple (about ½)



Mini muffin cases

## Method

1. Preheat the oven to 180C/ Fan 160°C. Line the mini muffin tin with the cases
2. **Peel** the carrot then **grate** the apple.
3. **Beat** together the sugar and eggs, then add oil and milk
4. **Stir** the grated apple and carrot into the sugar and egg mixture.
5. **Sieve** the dry mixture to the wet mixture, **stirring** until just mixed together.
6. Share the mixture evenly between the cases, half filling each case (makes 12-16).
7. **Bake** for 10-12 minutes on the middle shelf until an inserted knife or skewer comes out clean.
8. Place muffin tin on a wire rack for muffins to cool.
9. Store in an airtight container for 3 days or freeze for up to one month.