

Carrot and Walnut Muffins

Ingredients (makes 12 muffins)

- 1 3/4 cups wholemeal self-raising flour
- 1 tsp. baking powder
- 1 tsp. ground cinnamon
- 1/2 tsp. ground nutmeg
- 1/2 cup brown sugar, firmly packed
- 1 1/2 cups grated carrot
- 1/2 cup walnuts, finely chopped
- 125g butter
- 2 eggs, lightly beaten
- 1/2 cup reduced fat or skim milk
- 1/2 tsp. vanilla essence

Method

- Preheat oven to 180°C and lightly spray a 12-serve muffin tray with olive oil.
- Mix dry ingredients together in a bowl: flour, baking powder, nutmeg and cinnamon. Add brown sugar, carrot, walnuts, butter, eggs, milk and vanilla. Mix with a wooden spoon, until just combined. Place mixture into prepared muffin trays.
- Bake for 18 minutes or until a skewer inserted in the centre comes out clean. Allow to cool in the muffin trays for 5 minutes before transferring to a wire cooling tray.

Notes

- These muffins will keep for about 4-5 days in an airtight container in the fridge.
- I also like to pop them in the microwave for 20 seconds and eat them slightly warm. They can also be frozen in an airtight container and kept for later use. To defrost take out of the freezer and allow to sit at room temperature in their container until thawed.