Carrot and Banana Muffins

Description

These muffins contain a creative mixture of sweetness from both carrots and fruit. This makes them a tasty snack-time treat.

Method / What to do

1. Pre-heat the oven to 170°C / gas mark 4.
2. Place 8 muffin cases into the muffin tin.
3. Peel and grate the carrots, then peel and mash the banana.
4. Crack the egg into the small bowl and beat with a fork.
5. Sift the flour together with the baking powder and cinnamon into the mixing bowl, and then stir in the beaten egg.
6. Add all the remaining ingredients to the bowl and stir.
7. Spoon the mixture into the muffin cases, filling them half full.
8. Bake for 20 – 25 minutes until firm to touch.
9. Remove from the oven and leave to cool for 5 minutes before removing them from the tin.

Variations

- Replace the carrots with the same quantity of grated apple.

Ingredients

- 2 carrots
- 1 ripe banana
- 1 medium egg
- 150g self-raising flour
- 1 tsp baking powder*
- 1 tsp ground cinnamon
- 50g sultanas* or raisins*
- 75ml vegetable oil*

Equipment

- 8 muffin cases
- Muffin tin
- Peeler
- Grater
- Small plate
- Masher
- Small bowl
- Fork
- Weighing scales
- Large mixing bowl
- Measuring spoons
- Sieve
- Tablespoon
- Measuring jug
- Oven gloves
- Cooling rack

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