

Surprise Muffins

Alind (11 years) cooked the "Carrot and Pineapple" muffins from the 2007 healthy recipe calendar. He liked them so much he has included them in his favourite healthy lunchbox.

We wanted to recommend a new recipe, so have included "Surprise Muffins". It may be best not to mention the "surprise ingredient" to your kids if you cook these! But they are tasty – give it a go!

Cooking treats such as muffins, cakes and biscuits from scratch is better than buying ready-made varieties, as they will have less fat, sugar and salt, as well as other preservatives and additives. You know exactly what you are putting into the recipe! These should still be eaten in moderation though!



Ingredients

- 60g raisins
- 250g courgette (2-3), grated
- 2 eggs
- 125ml vegetable oil
- 150g caster sugar
- 225g self-raising flour
- 1/2 tsp baking powder
- 1/2 tsp bicarbonate of soda

For the icing;

- 175g cream/soft cheese (preferably low fat)
- 75g icing sugar
- 1 tsp vanilla essence

METHOD

1. Preheat oven to gas mark 4 (180C)
2. Put a muffin case in each hole of the muffin tin.
3. Put the raisins into a small bowl and pour over enough just boiled water to cover them. Leave to plump up whilst you get on with the rest of the recipe.
4. Grate the courgettes (don't peel them, the skin gives a fantastic colour once baked). Its best to do this by hand using the rough setting on a normal grater rather than a food processor (mushy results), then squeeze out the excess juice.
5. Mix the flour, baking powder and bicarbonate of soda in a bowl
6. Put the eggs, oil and sugar in another bowl and beat until creamy. Spoon in the flour and mix until combined. Then stir in the grated courgettes and drained raisins.
7. Spoon a generous dessertspoon-full into each muffin case. Bake for 20-30 minutes until golden brown, firm to the touch and smelling yummy. Leave to cool in the tin for 5 mins before turning out onto a wire tray.
8. For the icing, beat the cream cheese with the sifted icing sugar until smooth. Add the vanilla essence. Spoon the mixture on top of the muffins once cool.

This recipe also works really well as a layer cake. Use 2 x 21cm sandwich tins and spread the icing in between layers and on top.

JANUARY 2008

tue	1	thur	17
wed	2	fri	18
thur	3	sat	19
fri	4	sun	20
sat	5	mon	21
sun	6	tue	22
mon	7	wed	23
tue	8	thur	24
wed	9	fri	25
thur	10	sat	26
fri	11	sun	27
sat	12	mon	28
sun	13	tue	29
mon	14	wed	30
tue	15	thur	31
wed	16		

TOP TIPS

Children love to get involved with food! It helps stop them being fussy eaters and gives you some fun activities to do with your kids too. They can help cook and prepare simple recipes and snacks – be creative and have fun with food! You can try making faces, boats, or animals from fruit and vegetables. Children can also help with chores such as shopping or laying the table. Give them tasks around the supermarket – maybe they can search for a particular product for you. Children also love growing vegetables or herbs. Try growing cress from seeds on cotton wool!