

# Apple and Carrot Muffins

Makes 12 muffins

## **Ingredients**

125g wholemeal flour  
50g granulated sugar  
25g dried skimmed milk powder  
1 ½ tsp baking powder  
½ tsp ground cinnamon  
½ tsp ground ginger  
½ tsp salt  
125ml vegetable oil  
3 tbsp maple syrup  
2 eggs, lightly beaten  
½ tsp vanilla essence  
1 large apple, peeled and grated  
75g carrots, peeled and grated  
60g raisins

## **Method**

1. Preheat oven to 180°C / 350°F / Gas 4
2. Combine the 7 dry ingredients in a mixing bowl. In a separate bowl, combine the oil, maple syrup, honey, eggs and vanilla essence. Beat lightly with a whisk until blended
3. Add the apple, carrots and raisins to the liquid mixture and stir well
4. Fold in the dry ingredients until just combined, but don't over-mix else the muffins will become heavy
5. Line a muffin tray with paper cases and fill until 2/3 full. Bake in the oven for 20-25 minutes
6. Allow to cool for a few minutes then remove the muffins from the tray and cool on a wire rack