

July

Grith's More-ish Muffins



When we asked Grith about these muffins all she could say was "Yum! They're just lovely!" Apparently Laura and Ricky feel the same, and didn't even realise their favourite cakes contained fruit and vegetables!

Makes 12 muffins

Ready in 45 minutes

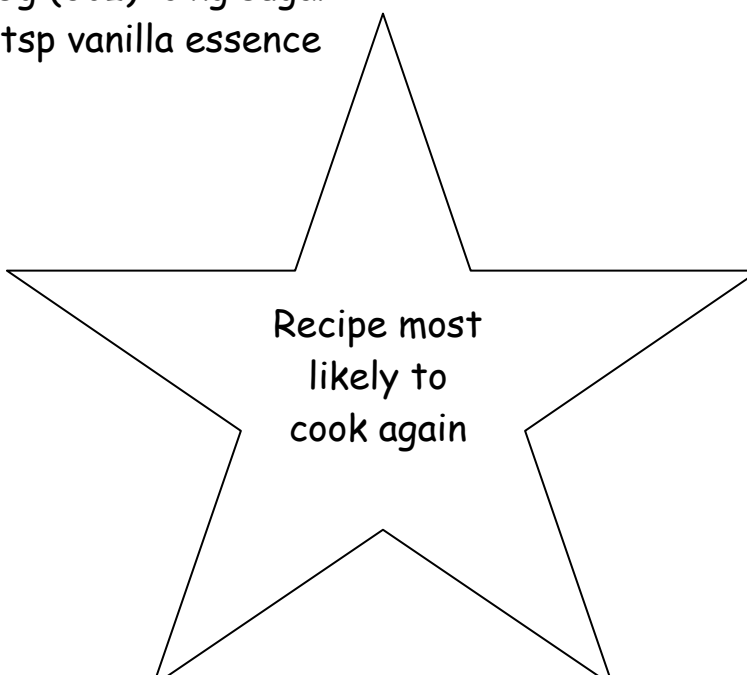
Ingredients

100g (4oz) plain flour
100g (4oz) plain wholemeal flour
1 tsp baking powder
 $\frac{1}{2}$ tsp bicarbonate of soda

1 $\frac{1}{2}$ tsp ground cinnamon
 $\frac{1}{2}$ tsp salt
200ml (7 floz) vegetable oil
100g (4 oz) caster sugar
2 eggs
125g (4 $\frac{1}{2}$ oz) finely grated carrots
225g (8oz) canned crushed pineapple, semi drained
100g (4oz) raisins
40g (1 $\frac{1}{2}$ oz) pecans, optional

For the icing

175g (6oz) cream/soft cheese
(Preferably low fat)
75g (3oz) icing sugar
1 tsp vanilla essence



Recipe most
likely to
cook again

Method

1. Preheat the oven to 180°C/350°F/Gas 4
2. Sift together the flours, baking powder, bicarbonate of soda, cinnamon and salt, and mix well
3. In a separate bowl beat the oil, sugar and eggs until well blended. Add the grated carrots, crushed pineapple, raisins and pecans (if using).
4. Gradually add the flour mixture, beating until the ingredients are combined
5. Pour the batter into muffin trays lined with paper cases and put in the oven for 25 mins
6. Allow the muffins to cool for a couple of minutes, then remove the muffins from the tray and cool on a wire wrack



Healthy Teeth

This recipe contains relatively less sugar than a typical muffin, but is just as sweet due to the natural sugars (which are a lot better for you) in the pineapple and raisins. Eating too many sugary foods and drinks can lead to tooth decay, and they contain few other nutrients too. Keep sugary items to a minimum and it's best to eat them at mealtimes to keep teeth in tip top shape!