



CARROT CAKE MUFFINS



INGREDIENTS

75g white self raising **flour**

75g wholemeal self raising **flour**

60g caster sugar

1 medium carrot - grated

1 dessert apple - grated

1 teaspoon mixed spice

8 dessertspoons **milk**

6 dessertspoons tablespoons vegetable oil

1 medium **egg** - beaten

1 dessertspoon porridge **oats**

EQUIPMENT

muffin cases, muffin tin,
mixing bowl, weighing scales,
grater, teaspoon,
dessertspoon, spatula,

SERVES: 4

PREP TIME: 30 minutes

COOK TIME: 35-40 minutes

ALLERGENS: cereals containing gluten,
milk, nuts

METHOD

- 1 Heat the oven to 190°C/Gas5. Prepare the muffin tins by lining with muffin cases.
- 2 In a large bowl, mix together the flour, sugar, carrot, apple and mixed spice.
- 3 In a jug, measure the milk and oil. Then add the egg* and lightly beat together with a fork. (*Always wash your hands thoroughly after handling raw eggs.)
- 4 Pour all of the liquid ingredients into the dry ingredients. Stir with a tablespoon until only just combined, scraping the sides and bottom of the bowl as you stir. Be careful not to over mix.
- 5 With a dessertspoon, $\frac{3}{4}$ fill each muffin case with the mixture and sprinkle the top with a some porridge oats (if using). Bake for 20 – 25 minutes until well risen, golden brown and they spring back when touched.
- 6 While the muffins are cooking, make the cream cheese filling by mixing together the cream cheese, crème fraiche, icing sugar and vanilla or orange flavouring. Once made, place it in the fridge to cool for 30 minutes.
- 7 Once the muffins are cooked, leave to cool for 30 minutes. Then slice the top off each muffin and add a spoonful of the cream cheese filling. Place the top the top back on and serve.