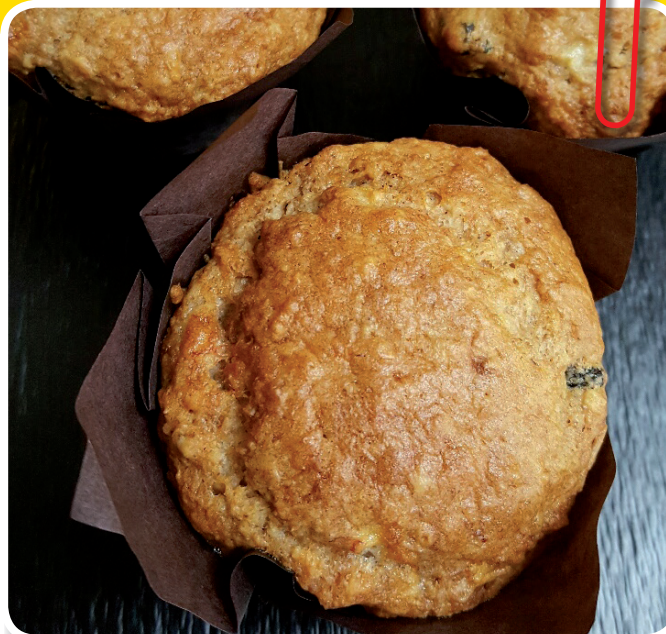


# sugar smart recipes



## Carrot cake Muffin

### Ingredients:

Flour.....	150g	Eggs .....	2
Oats .....	30g	Apples pureed .....	210g
Cinnamon .....	6g	Carrots grated .....	180g
Baking powder.....	9g	Dates (chopped), Sultanas/raisins.....	70g
Bicarbonate of soda .....	6g	Oil .....	95ml
Soft Brown Sugar .....	60g		

### Method:

1. Preheat the oven to 180c/Gas4.
2. Put flour, baking powder, bicarb, sugar, oats and cinnamon in a mixing bowl.
3. Beat eggs, apple puree and oil until combined. Mix into dry ingredients. Stir in Carrots and dates adding a little water if necessary.
4. Divide this mixture between muffin cases and bake for approximately 10-15 minutes.

Note: Use raisins or sultanas instead of dates.