

Carrot & zucchini muffins



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Preparation 25 mins + cooling time | Cooking 25 mins | Makes 12

Melted butter, for greasing
2 cups self-raising flour
¾ cup caster sugar
1 tsp ground cinnamon
1½ cups grated carrot (about 1 medium)
½ cup grated zucchini (about 1 small)
½ cup sultanas
100g butter, melted
2 free-range eggs, lightly beaten
½ cup milk

STEP 1 Preheat oven to 200°C/180°C fan-forced. Grease 12 x ½ cup muffin pans with melted butter or line with paper cases.

STEP 2 Sift flour into a large bowl. Stir in sugar and cinnamon. Add carrot, zucchini and sultanas. Mix until well coated with flour mixture.

STEP 3 Whisk butter, eggs and milk together in a medium bowl. Using a large metal spoon, quickly fold butter mixture into carrot mixture until just combined. Spoon mixture evenly into muffin pans. Bake for 20-25 minutes or until cooked through when tested with a skewer. Remove and cool in pans for 5 minutes. Transfer to a wire rack to cool and serve.

Note: Store in an airtight container. They're best eaten within 2 days.

Good for you... **CARROTS**

The old saying that carrots help you see in the dark is due to their high content of beta carotene, which the body converts to vitamin A and uses for normal vision. A good source of vitamin C, one of the vitamins needed for the normal functioning of the immune system. Provide dietary fibre, whether raw or cooked.

