



SKYE BLUE

Kitchens

CARROT CAKE MUFFINS

Preheat oven to 180°C/350°F

Grease two 12 hole muffin tins or line with medium size paper cases

What you need:

- 1 bag of Carrot Cake mix
- 3 eggs
- 1 cup + 2TBS of canola oil
- ¼ cup + 2 TBS plain yoghurt (note 1)
- 2 TBS soft brown sugar
- 1 tsp vanilla essence
- 2 cups grated carrot
- 1 large apple washed and grated



To make:

In a large bowl whisk together the eggs, oil and sugar. Gently whisk through the yoghurt and vanilla. Stir in the grated apple and carrot.

Next slowly fold through the carrot cake mix to just combined. Fill the paper cases or tins to ¾ full.

Bake for 15-20 minutes or until a skewer comes out clean.

Remove from the oven and cool on a wire rack.

Either dust with icing sugar, top with a dollop of yoghurt or decorate with your favourite icing.

Makes 20 average size muffins

Note:

1. For dairy free use coconut yoghurt.

Tip: These muffins freeze well. Wrap individually, easy to pop into the lunch box as a treat or take out for afternoon tea.

Try baking muffin mix as a slice. Use a 20x30cm (approx.) rectangle tin and bake for 20-25 minutes (ovens will vary).

For Vegan: Replace the eggs with ¼ cup unsweetened apple sauce plus 6 TBS chickpea liquid (from a can), whipped until it is like meringue. Whisk apple sauce with oil and sugar. Fold through the 'meringue' after folding through the dry carrot cake mix.