



Makes
12

CARROT & ZUCCHINI MUFFINS

INGREDIENTS:

- Melted butter, for greasing
- 2 cups self-raising flour
- 2/3 cup caster sugar
- 1 tsp ground cinnamon
- 1 1/2 cups grated carrot (about 1 medium)
- 1/2 cup grated zucchini (about 1 small)
- 1/2 cup sultanas
- 100g butter, melted
- 2 eggs, lightly beaten
- 1/2 cup reduced fat milk

INSTRUCTIONS:

1. Preheat oven to 200°C. Grease 12 x 1/2 cup muffin pans with melted butter or line with paper cases.
2. Sift flour into a large bowl. Stir in caster sugar and cinnamon. Add carrot, zucchini and sultanas. Mix until well coated with flour mixture.
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 18-20 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 completely.

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