

## Nanna's Carrot Muffins

These muffins are a delicious snack you can eat hot from the oven or cold in lunch boxes or after school.

**Makes:** 12 muffins

### Ingredients:

- 1 ½ cups of Self Raising Flour
- 1 cup of rolled oats
- 2 tsp mixed spice
- ¾ cup brown sugar
- ½ cup sultanas or raisins
- 1 medium carrot, peeled and grated
- 1 medium green apple, unpeeled and grated
- 1 egg lightly beaten
- 1 cup of low fat vanilla yogurt
- 1/3 cup of vegetable oil



### Method:

Preheat the oven to 200 C or 300 F. Spray oil on the bottom of 12 muffin tins. Grate the carrot and apple and wrap them in some paper towel to absorb some of the water.

In a reasonably large bowl, mix flour, oats, spice, sultanas or raisins, grated carrot and apple and sugar.

In another bowl mix the yogurt, egg and vegetable oil. Pour the egg mixture into the flour and fold in with a fork or wooden spoon.

Spoon into muffin tins, filling each one about 2/3.

Bake for 15 - 20 mins or until starting to brown.

Stand in pans for 5 minutes before turning out onto a wire rack to cool.

*Tip: Muffins can be made up to three days ahead and stored in an airtight container or frozen for up to two months.*