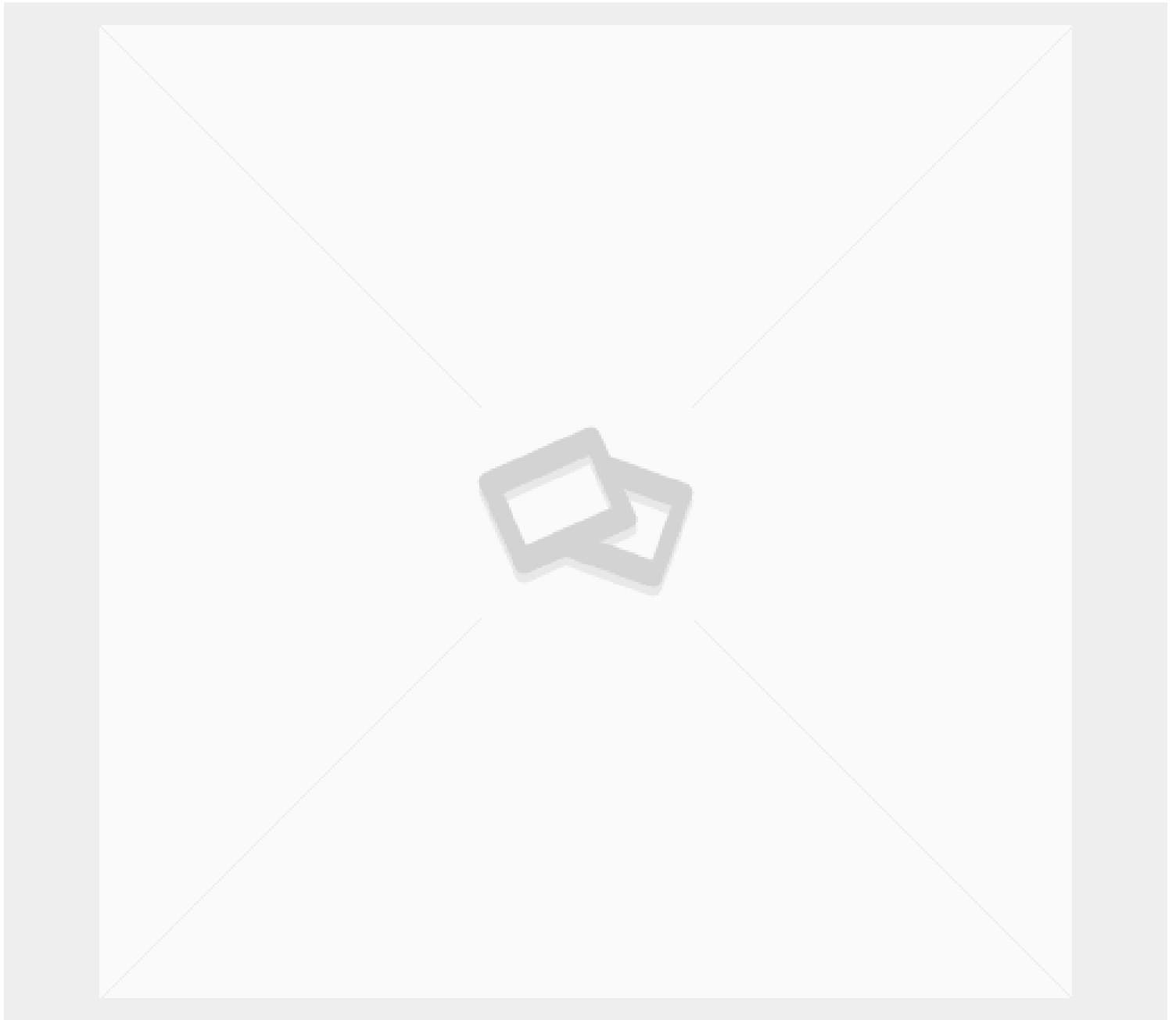


APPLE AND CARROT MUFFINS



These make a brilliant snack with a cup of tea. They're warm and hearty and they smell like Christmas because of the cinnamon, nutmeg and cloves.

Prep Time: 10-15 minutes

Cook Time: 25 minutes + time to cool

Serves: 6-8

Nutritional Information:

- Carbohydrates: 18 g
- Fat: 18.8 g
- Protein: 6.7 g
- Fibre: 4.1 g
- Calories: 250

Ingredients:

- 70g wholemeal flour
- 40g plain flour
- 20g chopped walnuts
- 1 tsp ground cinnamon
- 1 tsp baking powder
- 1/2 tsp ground nutmeg
- 1/4 tsp salt (optional)
- 1/4 tsp ground cloves (optional)
- 1 eating apple, peeled, cored and grated
- 1 large carrot, peeled and grated
- 4 large eggs
- 4 dates, pitted and finely chopped
- 4 tbsp natural yoghurt
- 4 tbsp coconut oil
- 1 tbsp honey/agave/maple syrup
- 1 tsp vanilla extract

Method:

1. Preheat the oven to 180°C/350°F/gas 4. Line a muffin tin with 8 deep paper cases.
2. Mix the flours, walnuts, cinnamon, baking powder, nutmeg, salt and cloves in a small bowl and set aside.

3. Place the apple and carrot in a large mixing bowl and blot them with kitchen paper to remove excess moisture. Add the eggs, dates, yoghurt, coconut oil, agave syrup and vanilla extract and stir well.
4. Pour the dry ingredients into the wet ingredients and mix until just combined.
5. Use a spoon to divide the batter evenly among the paper cases, so that they are almost full.
6. Bake for 25 minutes until the muffins are golden brown and a skewer inserted comes out clean.
7. Carefully remove the muffins from the tin and allow to cool on a wire rack.
8. Store in an airtight container. Keeps for up to one week in the fridge or freezes well.