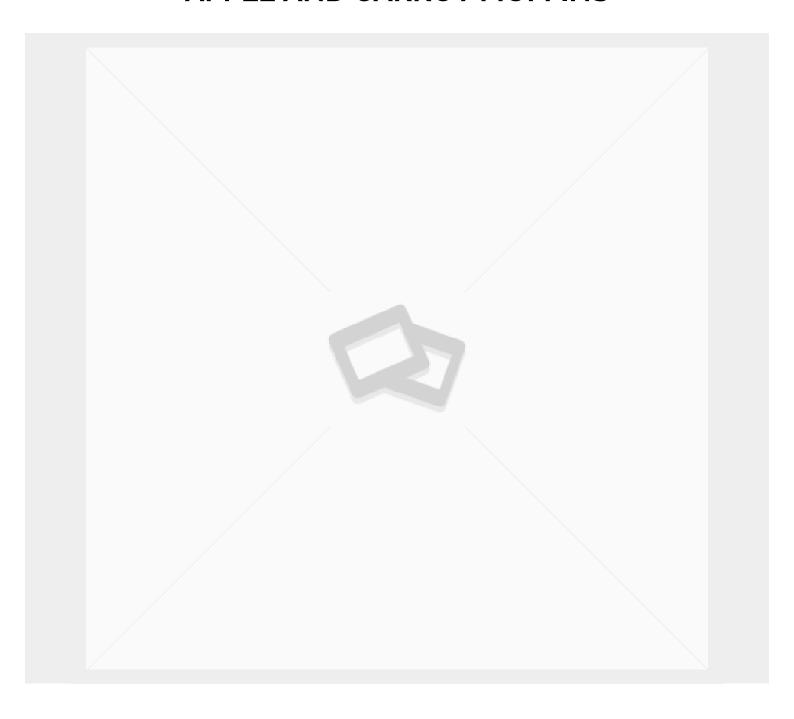


APPLE AND CARROT MUFFINS





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 gProtein: 6.7 gFibre: 4.1 q

• 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 $180^{\circ}\text{C}/350^{\circ}\text{F/gas}$ 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.