



SUPER SIGHT MUFFINS

AMBER ACT & SA / OCCASIONAL NSW

Makes 14 muffins

Ingredients:

- 1 cup white self-raising flour
- $\frac{3}{4}$ cup wholemeal self-raising flour
- $\frac{1}{4}$ teaspoon ground cinnamon
- $\frac{1}{3}$ cup extra virgin olive oil
- $\frac{1}{2}$ cup honey
- 2 extra large eggs
- 1 cup Greek yoghurt
- 2 teaspoons vanilla extract
- 1 cup grated carrot
- $\frac{1}{2}$ cup sultanas

Method:

1. Preheat fan-forced oven to 200°C.
2. Lightly coat muffin tray with cooking spray.
3. Sift the flours into a large mixing bowl. Add cinnamon and mix together.
4. In a separate bowl, combine olive oil and honey. Whisk in eggs, then add the yoghurt and vanilla. Mix until well combined.
5. Add the wet ingredients into the dry ingredients. Stir until just combined.
6. Add the grated carrot and sultanas into the mixture and fold through.
7. Spoon even amounts of the mixture into the muffin tins and bake for 20-25 minutes or until cooked through.
8. Serve warm or cooled at room temperature.

Variations:

- Substitute carrot and sultanas with other sweet fruit or veg, such as berries, apples or nectarines.

Tip:

- For appearance, sprinkle some oats on top of the muffins before putting them in the oven.
- To make this into a carrot and sultana loaf, cook mixture in a bread tin for approximately 40-45 minutes.

Nutrition information:

	Per serve (72g)	Per 100g
Energy (kJ)	783	1088
Protein (g)	4.7	6.6
Fat – total (g)	8.0	11.2
Saturated (g)	1.9	2.6
Carbohydrates – total (g)	22.7	31.6
Sugar (g)	11.7	16.2
Sodium (mg)	136	189
Fibre (g)	1.6	2.1