



Carrot and Courgette Muffins

Recipes by Kate Morris and Sally Brown

Makes 9 mini muffins

Ingredients

- 1 courgette (need 20g)
- 1 carrot (need 20g)
- 1 egg
- 2 tablespoons milk
- 1 heaped tablespoon raisins
- 1 tablespoon sunflower oil
- 75g plain flour
- 15g light soft brown sugar
- 1 level teaspoon baking powder

Equipment

- Workmat
- Scales
- Multi purpose grater
- 2 Mixing bowls
- Fork
- Tablespoon
- 2 Teaspoons
- Small muffin cases
- Small muffin tray (12 hole)
- Oven gloves (for grown up use)

Method

Before cooking, wash your hands and put an apron on

1. **Weigh, measure and count all the ingredients**
2. Snap the courgette then carefully grate.
3. Snap the carrot then carefully grate.
4. Break the egg into the bowl and whisk it with a fork. Add the grated courgette, grated carrot, raisins, milk and sunflower oil. This is called the wet mix.
5. In the other bowl, mix together the flour, sugar and baking powder. This is called the dry mix.
6. Pour the wet mix into the dry mix and give it a good stir with the tablespoon
7. Using the 2 spoon method with the 2 teaspoons, spoon the mixture into small muffin cases in a muffin tray. You will need to ask a grown up for help with this part. Place the tray in a pre-heated oven at 200°C fan/220°C/Gas 7 for 12-15 minutes.
8. Once the Carrot and Courgette Muffins have cooled down a little you can eat them!

Serving suggestion: serve 1 or 2 with a glass or diluted orange juice or some berries.