Snack

Mini Carrot and Apple Muesli Muffins

Grated carrot and green apple keep these little muesli muffins wonderfully moist, while sultanas and pecan nuts add chew and crunch in every bite.

70 min	258	34.4 g	14.4 g
time	calories	carbs	sugars



Vegetarian | Freezer safe

Ingredients, 12 servings

- [ ] 1 1/2 cups natural muesli
- [ ] 1 cup wholemeal self-raising flour
- [ ] 1/2 cup sugar
- [ ] 1 cup firmly packed grated carrot
- [ ] 1 large green apple, grated
- [ ] 1/2 cup sultanas
- [ ] 1/2 cup pecan nuts
- [ ] 2 eggs, lightly beaten
- [ ] 1/3 cup oil
- [ ] 1 cup soymilk or dairy milk

Method

- [ ] **1** Tip the natural muesli into a big mixing bowl and stir in the sifted wholemeal self-raising flour, sugar, grated carrot, grated green apple, sultanas and pecan nuts.
- [ ] **2** Whisk the lightly beaten eggs together with the oil and soymilk or dairy milk in a separate jug.
- [ ] **3** Pour the wet mixture into the dry mixture and fold it in gently, stopping as soon as everything is just combined.
- [ ] **4** Spoon the batter into a lightly greased 3 x 12 hole mini muffin tin, or use a single lightly greased 12 hole regular muffin tin.
- [ ] **5** Bake in a moderately hot oven at 190°C, giving the mini muffins 25 minutes and the regular sized muffins 30 minutes.

Nutrition Facts

Per serving

Calories	**258**
Total fat	11.7 g
Saturated fat	Not listed
Sodium	30 mg
Total carbs	34.4 g
Fiber	1 g
Total sugars	14.4 g
Protein	2 g

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