Snack

Spiced Carrot and Banana Muffins

Warmly spiced muffins where grated carrot and mashed banana make a soft, moist crumb, with prunes and walnuts stirred through for texture and flavour.

30 min	170	18.1 g	5.2 g
time	calories	carbs	sugars



Vegetarian | Freezer safe

Ingredients, 12 servings

- [ ] 1 cup wholemeal self-raising flour
- [ ] 1/3 cup rolled oats
- [ ] 1 tsp bicarbonate of soda
- [ ] 1 tsp cinnamon
- [ ] 2 eggs
- [ ] 2 large ripe bananas, well mashed
- [ ] 2 tsp low GI honey or pure maple syrup
- [ ] 1/3 extra virgin olive oil
- [ ] 2 medium carrots, grated
- [ ] ½ cup chopped prunes or blueberries
- [ ] ¼ cup walnuts

Method

- [ ] **1** Switch the oven on at 180C and grease a 12-cup muffin tin before you start mixing.
- [ ] **2** Sift the wholemeal self-raising flour, rolled oats, bicarbonate of soda and cinnamon together into a large bowl.
- [ ] **3** Give the eggs a good whisk in another bowl, then mix in the well mashed ripe bananas, the low GI honey or pure maple syrup and the extra virgin olive oil.
- [ ] **4** Shape a hollow in the middle of the sifted dry ingredients, tip the wet mixture into it and fold everything together.
- [ ] **5** Scatter in the grated carrots, the chopped prunes or blueberries and the walnuts, folding them through, and work in one teaspoon of hot water if the batter seems too dry.
- [ ] **6** Spoon the batter into the greased muffin tin and bake for 15 minutes or until the muffins are cooked.

Nutrition Facts

Per serving

Calories	**170**
Total fat	8.9 g
Saturated fat	1.3 g
Sodium	198 mg
Total carbs	18.1 g
Fiber	2.9 g
Total sugars	5.2 g
Protein	3.2 g

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