

VAS Ltd - CARROT & DATE MUFFINS

RECIPE

Ingredients:

2½ cups self-raising flour	1 tsp ground cinnamon
¼ tsp ground nutmeg	1 cup brown sugar (firmly packed)
1/3 cup chop pitted dates	1 cup coarsely grated carrot
1 tbl orange marmalade	1 cup canola oil
2 eggs, lightly beaten	¾ cup orange juice
1 cup reduced fat milk	

Method:

Pre-heat oven to 190C (moderately hot). Line a 12-hole muffin pan with round paper muffin cases - classic white muffin cases size 35mm h x 90mm w x 50mm base). Sift dry ingredients into a large bowl; stir in dates and carrots. Then add the combined marmalade, oil, eggs, juice and milk. Mix until just combined. Spoon mixture evenly into muffin paper cases in muffin pan. Cook for 20 minutes. To test if muffins are cooked insert cake skewer; if it comes out clean the muffins are ready. Stand muffins in pan for 5 minutes before removing to cool. Show entries: Four (4) muffins per plate