

Pineapple + carrot muffins

Ingredients

- 1 cup wholemeal flour
- 1 cup plain flour
- 3/4 cup sugar
- 2 tsp cinammon
- 1 1/2 tsp baking soda
- 1 tsp salt
- 2 cups grated carrot
- 3 eggs
- 1 cup canola oil
- 1 tsp vanilla essence
- 225g canned pineapple (in natural juice), drained and crushed

Directions

1. Preheat oven to 160°C.
2. In a bowl, mix the first 7 ingredients (wholemeal flour, plain flour, sugar, cinnamon, baking soda, salt, grated carrot).
3. In another bowl, beat eggs, oil, vanilla essence, and crushed pineapple with a fork.
4. Stir both mixtures together until just combined.
5. Pour mixture into muffin cups **Note:** ensure muffins are in ≤50g portions.
6. Bake for 15 minutes, or until firm to the touch and golden brown around the edges.
7. Let the muffins cool down slightly in the pan before serving.

Serves 12 kids

Recipe adapted from BestStart Papakura East Kindy

