

CARROT & APPLE CAKES

MAKES 10 / PREPARE 15 MINS / COOK 20 MINS

Ingredients

- 150g Carrots, grated
- 1 Large apple, grated
- 3 Large free range eggs
- 100g Soft brown sugar
- 125ml Rapeseed oil
- 100g Wholemeal flour
- 2tsp Baking powder
- 2tbsp Flaked almonds
- 1tsp Ground Cinnamon

Instructions

Preheat your oven to 160C fan and line a 12-hole muffin tray with paper cases or use mini-tin cake moulds.

Whisk the 3 eggs with the oil until fluffy – using an electric mixer if easier, obviously, but you can also work on your upper arms with this!

Add the sugar and continue to beat for another 5 minutes. This is the part that makes the muffins light and airy, so don't skip it.

Add the grated carrot, apple, cinnamon and almonds, if using, and mix well. Now gently mix in the flour and baking powder – don't over mix or the muffins will turn out stodgy.

Pour the batter into the prepared cases and bake for 20min until well risen, golden on top and springy to the touch.

Serve with berries and plain Greek yogurt for a lovely weekend breakfast or on their own as a tasty treat that counts as one of your 5-a-day!



Nutrifacts



Eggs contain **PROTEIN** to help your body heal and grow. Protein also helps slow down sugar absorption which, in turn, smooths blood sugar levels. Additionally, eggs contain vitamin A that supports vision and healthy skin as well as riboflavin that promotes normal growth and **VITAMIN B12** that supports red blood cell health.

Carrots contain good levels of **BETACAROTENE**, an antioxidant responsible for their bright orange colour that the body can transform in **VITAMIN A**. **VITAMIN A** is fundamental to maintain good vision in poor lighting conditions as well as keeping healthy skin and act as anti-oxidant to protect our bodies from the damage generated by free-radicals. Carrots are high in **FIBRE** that helps intestinal health & transit fatty acids. Carrots also contain **VITAMIN C** that supports the immune system.

Rapeseed oil is low in saturated fat and **HIGH** in omega-6 essential fatty acids.

Sugar contains **NO** nutrients only calories in the form of refined carbohydrates, that's why it is important to only have it occasionally.