

Cool Carrot and Orange Muffins

Makes 12

Ingredients:

- 75g butter, melted
- 2 oranges, juiced and zested
- 1 egg, beaten
- 100g carrots , peeled and grated
- 300g plain flour
- 2 tsp baking powder
- 100g caster sugar
- ½ tsp cinnamon
- Pinch of salt

Method:

1. Preheat the oven to 190°C.
2. Line a 12-hole muffin tin with large muffin cases.
3. Melt the butter in a microwave (with adult supervision).
4. Zest and juice the oranges and set aside.
5. Peel and grate the carrots.
6. Sieve the flour into a large bowl.
7. Mix the baking powder, caster sugar and cinnamon into the flour with a pinch of salt.
8. In a separate bowl, whisk together the eggs, butter, orange juice and zest and add the carrots then stir this into the dry ingredients, but don't overmix - it's better if it's a bit lumpy.
9. Spoon equally into the muffin tin and bake for 20-25 minutes until risen.

