



## Carrot and apple muffins

**These muffins make a yummy, filling after school snack and help keep the family fuelled.**



Time to prepare: 20 minutes



Time to cook: 25 minutes



Serves 12



Suitable for vegetarians

### Ingredients

- 2 cups wholemeal self-raising flour
- 1 teaspoon baking soda

- 2 teaspoons cinnamon
- 1 cup rolled oats
- 1/3 cup honey
- 2 eggs
- 1 cup low-fat milk
- 1 cup carrot, grated
- 1 apple, peeled and grated
- 1 tablespoon lemon juice

## Method

1. Pre-heat oven to 200 degrees celcius.
2. Spray a 12-hole muffin tray with oil spray.
2. Mix flour, baking soda, rolled oats and cinnamon in a large bowl.
2. In another bowl mix together the honey, eggs, milk, carrot, apple and lemon juice.
3. Pour the wet ingredients over the dry and mix gently until just combined.
4. Spoon into muffin trays and bake for 25 minutes.

## Notes

These muffins freeze well.

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## Kūmara bliss balls

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## Wholemeal ham and cheese muffins

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**These tasty muffins are great for the lunchbox or as a healthy snack.**

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