

## Spiced carrot & apple muffins



Prep: 10 mins

Cook: 20 mins

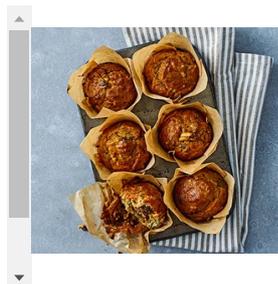
Plus cooling



Easy



Serves 9



### Alternatives

### Complete the dish



Easy blueberry muffins

★★★★★ 323 rating



Chocolate chip muffins

★★★★★ 84 ratings



Easy carrot cake

★★★★☆  
523 ratings



## Ingredients

100ml  
rapeseed oil

100ml  
natural yogurt

50ml  
runny honey

2  
eggs

1 tsp  
vanilla extract

200g  
self-raising flour

1 tsp  
bicarbonate of soda

1½ tsp ground mixed spice

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1  
apple  
grated

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1  
carrot  
grated

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50g sultanas  
raisins, chopped nuts or seeds (optional)

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## Method

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### Step 1

Heat oven to 180C/160C fan/gas 4 and line a muffin tin with nine cases (alternatively, use squares of baking parchment). Mix the oil, yogurt, honey, eggs and vanilla in a jug. In a bowl, combine the flour, bicarb, mixed spice and ¼ tsp salt. Pour the yogurt mixture into the flour mixture and add the apple and carrot, as well as any extra ingredients you're using. Mix with a spatula until well combined, then spoon the mixture into the muffin cases.

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### Step 2

Bake for 20-22 mins, or until a skewer inserted into the middle of a muffin comes out clean. Leave to cool for at least 5 mins. *Can be stored in a tin for three days or frozen for two months; defrost overnight before serving.*

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