

Breakfast Muffins

Serves 12
Preparation Time: 30 mins
Cooking Time: 20-25 minutes



Ingredients

1 cup self-raising flour, sifted
 $\frac{1}{2}$ cup soft brown sugar
1 tsp baking powder
1 tsp cinnamon
1 tsp ginger
1 cup grated carrot
 $\frac{1}{2}$ cup sultanas
 $\frac{1}{2}$ mashed banana
 $\frac{1}{2}$ grated apple
1 large egg
 $\frac{1}{2}$ cup vegetable oil
1 tsp vanilla essence
Milk to mix

Method

1. Preheat oven to 180c/170 fan or gas mark 4 and line a 12 hole muffin tin with muffin cases.
2. Prepare fruit and vegetables: grate carrot and apple and mash the banana.
3. Combine flour, sugar, baking powder, cinnamon and ginger.
4. Stir in carrots and sultanas.
5. In a jug mix together the oil, egg, apple, banana and vanilla essence.
6. Add the wet mixture to the dry mixture and stir well until combined.
7. Add sufficient milk to give a dropping consistency.
8. Divide between 12 muffin cases and bake for 20-25 mins until well risen and golden.

You could also add the zest of an orange or lemon or add other fruits or desiccated coconut to give variety.

Replacing half the flour with a wholemeal flour will add a nutty flavour and provide extra fibre.

These freeze really well and are great to have as a standby for a speedy breakfast.