

# Carrot Muffins

Focus: Fats and oils

**Servings: Makes approx. 9-12 buns**

## Ingredients

15 muffin cases

175g light muscovado sugar

175ml sunflower oil

3 large eggs, lightly beaten

140g grated carrot (about 3 medium)

100g raisins

grated zest of 1 large orange

175g self-raising flour

1 tsp bicarbonate of soda

1 tsp ground cinnamon

$\frac{1}{2}$  tsp grated nutmeg (freshly grated will give you the best flavour)



## Icing Option 1 (frosting)

175g icing sugar

$1\frac{1}{2}$ -2 tbsp orange juice

## Icing Option 2 (buttercream)

100g butter

300g soft cheese

200g icing sugar

1 tsp vanilla extract

**Also remember to bring a container to take them home**

## Method

1. Heat the oven to 180C/fan160C/gas 4. Line a muffin tin with cases.
2. Tip the sugar, oil and eggs into a large mixing bowl. Lightly mix with a wooden spoon. Stir in the grated carrots, raisins and orange rind.
3. Sift the flour, bicarbonate of soda and spices into the bowl. Mix everything together, the mixture will be soft and almost runny.
4. Pour the mixture into the muffin cases and bake for 15-20 minutes or until it feels firm and springy when you press it in the centre. Cool in the tin for 5 minutes and then place on a cooling rack.
5. Beat the frosting ingredients in a small bowl until smooth - you want the icing about as runny as single cream. Put the cupcakes on a serving plate and boldly drizzle the icing back and forth in diagonal lines over the top, letting it drip down the sides.