



ENERGISE WITH CARROT CAKE MUFFINS

ReFuel Autumn 2020

Courtesy of: Christie Johnson



Method:

1. Preheat oven to 160°C fan-forced.
2. Mix eggs, vanilla, oil and milk in a small bowl.
3. In a separate medium size bowl, mix flour, spices, sugar, coconut, and sultanas well.
4. Add wet ingredients to flour mix and stir.
5. Fold through veggies and walnuts gently.
6. Scoop into lined or greased muffin tray. Either 10 medium muffins or 12 smaller.
7. Bake for approximately 25 minutes, until inserted skewer or sharp knife is clean.

Ingredients:

- 2 eggs
- 1.5 tsp vanilla essence
- 1/3 c extra virgin olive oil
- 1/4 cup milk
- 1 cup wholemeal self-raising flour
- 1 heaped tsp cinnamon
- 1 tsp ground ginger
- 1/3 cup raw sugar
- 1/4 cup shredded coconut
- 1/4 cup sultanas (optional)
- 300g carrot (approx 2-3 carrots), peeled and grated
- 1 small zucchini, grated (leave skin on)
- 1/2 cup walnuts, roughly chopped

Nutrition Information

Makes 12 serves

Nutrient	Per serve
Energy	870 kJ
Protein	4 g
Fat	13 g
Saturated Fat	3 g
Carbohydrate	18 g
Sugars	11 g
Fibre	3 g

HOT TIPS



I love any opportunity to add veggies to baked goods. They add natural sweetness, make muffins softer and are a tasty way to boost your fibre intake. I love eating these muffins as a snack before training or for a mid meal sweet.