

PRACTICE COPY



What's cooking?

Carrot & Courgette Muffins

Ingredients

1 small egg
100g soft light brown sugar
30ml sunflower oil
95g plain flour
1/2 tsp baking powder
1/2 tsp ground cinnamon
30ml natural yoghurt
1/2 tsp vanilla extract
70g grated carrots
100g grated courgettes

Instructions

In a bowl mix together the egg, sugar and oil with a wooden spoon.

In a separate bowl mix the flour, baking powder and cinnamon and add to the egg mixture.

Mix together well.

Add the yoghurt, vanilla extract, carrots and courgette to the mix.

Spoon the mixture equally into 4 paper cases until two-thirds full.

Bake in a preheated oven at 170°C / 150°C fan / gas mark 3 for 25-30 minutes or until risen and deeply golden.

NOT FOR CLASS USE

