

CARROT & COURGETTE MUFFINS (MAKES 4)

EQUIPMENT

STANDARD:

- * Aprons
- * Recipe Cards
- * Mats
- * Table cloth
- * Tea towel / washing up liquid / sponge
- * Hand soap
- * First aid kit
- * Register
- * Details of food requirements
- * During cooking craft activity
- * Pens for names on tin / paper
- * Black bags for washing up
- * Kitchen roll
- * Cleaning cloth/ anti-bacterial spray
- * Spare spoons and knives
- * Oven gloves
- * Cooling rack

PER CHILD:

- * 1 x Large Bowl
- * 1 x Small Bowl
- * 2 x Spoon
- * 1 x Knife
- * 1 x Fork to whisk egg
- * 1 x Cup for cracking egg
- * 4 x Paper Cases
- * 1 x Grater (if not pre-grating)
- * 1 x Peeler (if not pre-peeling)
- * 1 x Paper Bag to take dish away

ALSO:

- * Weighing Scales
- * Egg Tray
- * Measuring Spoons
- * Bowls & Spoons for Oil
- * Bowls & Spoons for Yogurt
- * Muffin Tins

SHOPPING

- * 1 Small Egg
- * 100g soft light brown sugar
- * 30ml sunflower Oil
- * 95g Plain Flour
- * $\frac{1}{2}$ tsp Baking Powder
- * $\frac{1}{2}$ tsp Ground Cinnamon
- * 30ml Natural Yogurt
- * $\frac{1}{4}$ tsp Vanilla Extract
- * 70g Grated Carrots
- * 40g Grated Courgette

TIPS

Timing Rating = 5

(1 - very quick to make / 5 - time consuming)

This is a more involved recipe due to the number of ingredients and process.

Label each paper cake case with the child's name on the bottom before the class starts and put to the side until it is time to fill them (children tend to play with them and mis-shape them otherwise!).

Pre-grate the carrots and courgette unless this recipe is for a 90-minute class.

Use 2 bowls - a wet and a dry bowl.

The oil and yogurt are best provided in bowls that can be passed between children and they take spoonful's of rather than measuring a jug. * 1tbsp is around 18ml so the children will need 2 and a bit tablespoons of Oil and Yogurt.

Mix the oil and sugar together first. Then add an egg - crack into individual cups first to avoid shell going into the bowl.

If you are short on time, it is a good idea to measure out the baking powder, ground cinnamon and vanilla extract into each child's bowl whilst they are working on something else.

Allow at least 35 mins before class ends to put in oven. Allow to cool as much as time will allow. Package in paper bags. **Cooking Time:** 25 - 35 Minutes