

Pineapple, Carrot and Raisin Muffins

Makes 10-12 muffins

Ingredients	
100g (4oz) plain flour	100ml vegetable oil
100g (4oz) plain wholemeal flour	75g caster sugar
1 tsp (5g) baking powder	2 eggs
¾ tsp (4g) bicarbonate soda	125g grated carrot
1 tsp (5g) ground cinnamon	225g can crushed pineapple in natural juice - drained
1tsp (5g) ground ginger	100g raisins or apricots or cranberries

- METHOD:
- Pre heat oven to 180c, 350F, Gas 4.
- Sift flours, baking powder, bicarb, cinnamon, ginger, and mix well.
- Beat the oil, eggs, sugar until blended well. Add the grated carrots, pineapple and other fruit.
- Gradually add the flour mixture, mixing gently.
- Line a muffin tray with paper cases.
- Pour the mixture into the cases and bake for 25 minutes or until golden brown. If using fairy cake tins, reduce the cooking time by up to 10 minutes.
- Cool on a wire rack.



- ✓ COOK'S TIP: SERVE A FRUIT PUREE PREPARED AND FROZEN PREVIOUSLY FOR WEANING BABIES.
- ✓ FOR WHEAT FREE DIETS, USE WHEAT FREE PLAIN AND WHOLEMEAL FLOURS
- ✓ FOR EGG FREE DIETS, USE ORGRAN EGG REPLACER

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
235	4.1	11	33	13	0.2	1.8	46