

Season: Year round
From the garden: Carrots, oranges
Type: Dessert
Difficulty: Easy
Country of origin: New Zealand
Serves: 36 small tastes
Source: *Marija Vidovich, Holy Cross School*

Equipment

- Muffin tin/s (36 mini holes required)
- Paper cake cases
- Grater
- Chopping board
- Cook's knife
- Large and medium mixing bowls
- Sieve or sifter
- Measuring cups and spoons
- Wooden spoon
- Whisk
- Cup
- Large tablespoon

Ingredients

- 2 medium carrots
 - $\frac{3}{4}$ cup plain flour
 - 2 teaspoons baking powder
 - 1 teaspoon ground cinnamon
 - 1 teaspoon ground ginger
 - $\frac{3}{4}$ cup brown sugar
 - $\frac{3}{4}$ cup wholemeal flour
 - $\frac{1}{2}$ cup sunflower seeds
 - $\frac{1}{2}$ cup sultanas or raisins
 - $\frac{1}{2}$ cup desiccated coconut
 - 3 eggs
 - 1 cup rice bran or canola oil
 - 1 teaspoon vanilla extract
 - 1 teaspoon baking soda
 - 2 tablespoons freshly squeezed orange juice
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How to make it

1. Line 18 muffin tins with paper muffin cases. Turn the oven to 180°C.
2. Wash the carrots and cut off each end, grate and set aside. You need 2 cups full.
3. Sift the plain flour, baking powder, cinnamon and ginger into a large mixing bowl.
4. Add the brown sugar, wholemeal flour, sunflower seeds, sultanas, coconut and the grated carrot and mix well to combine.
5. Break the eggs into a separate bowl and lightly whisk. Add the oil and vanilla.
6. Pour the orange juice into a cup and stir in the baking soda until it dissolves. Add to the egg mixture.
7. Make a well in the center of the dry ingredients. Pour in the wet ingredients and very lightly mix together with the tablespoon until just combined. It is important not to overmix or muffins will be tough.

8. Divide the mixture evenly between the muffin cases, filling each one about $\frac{3}{4}$ full.
9. Bake 15-20 minutes until the tops spring back when lightly touched.
10. Ask an adult to help you remove tray/s from the oven **Caution:** Hot!
11. Leave the muffins in the tray for 10 minutes, before tipping them onto a wire tray to cool.
12. Top with cream cheese or lemon Icing if desired.

Skills:

🍷 **Grating***, chopping, mixing, baking

* Grate -To scrape food against the holes of a grater making thin pieces.

Notes:

Vanilla is the seed pod of a vine that grows in tropical countries. Once ripe and they have turned from green to yellow they are dried and cured resulting in a deliciously fragrant bean. These are then infused in alcohol to make vanilla extract or ground to make a paste. Vanilla is used in cakes and baking, ice cream and desserts and even savoury dishes. Beware of artificial vanilla – this is a man-made chemical substance.

Always buy extract, not essence.