

Carrot and Raisin Muffins

2 cups self-raising flour
1 cup wholemeal flour
½ cup sugar
2 tsp baking powder
½ tsp baking soda
1 tsp cinnamon
1 cup grated carrot
½ cup raisins
70g walnuts, chopped
3 eggs
½ cup canola or soya oil
1 cup low fat plain yoghurt
½ cup trim milk

Preheat oven to 190C. Lightly oil muffin pans. Place flour, sugar, baking powder, baking soda, cinnamon, carrot, raisins and walnuts in a bowl. Mix eggs, oil, yoghurt and milk together in a separate bowl or jug; add to dry ingredients and mix until combined. Spoon into muffin pans and cook for around 20 minutes or until cooked. Leave to stand for 5 minutes before removing from pans and cooling on a rack. Makes 12.

Health Benefits:

- Using wholemeal flour – adds fibre
- Adding carrot and raisins – adds vitamins, minerals and fibre
- Adding walnuts – adds essential omega 3 fatty acids
- Using polyunsaturated oil instead of butter – more “heart friendly”
- Using low fat yoghurt and trim milk – less fat