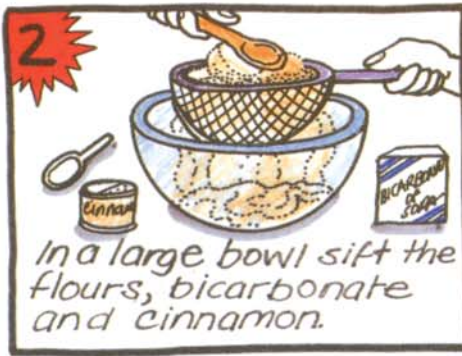


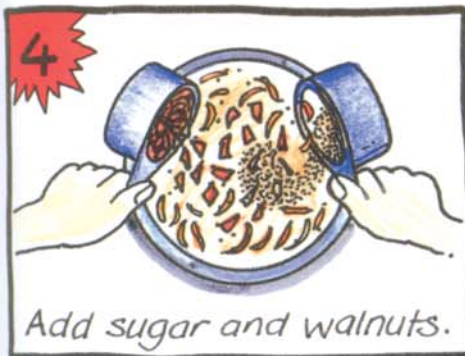
Turn oven to **200°C**. Coat muffin tray with spray.



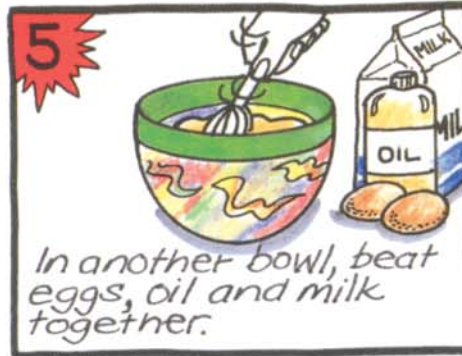
In a large bowl sift the flours, bicarbonate and cinnamon.



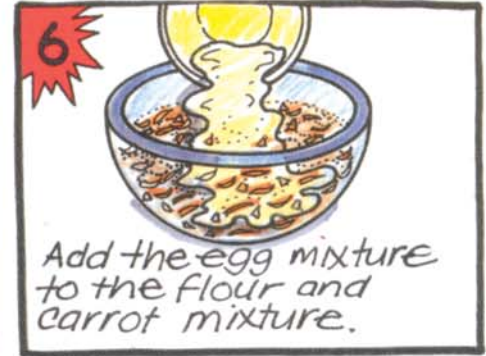
Grate the carrots. Add grated carrot to the flour.



Add sugar and walnuts.



In another bowl, beat eggs, oil and milk together.



Add the egg mixture to the flour and carrot mixture.



Mix with a wooden spoon until well combined.



Spoon mixture into muffin tins or patty cases.



Bake on **TOP** oven shelf for **20** minutes or until cooked.

These muffins are a delicious snack you can eat piping hot from the oven, or cold in lunch boxes or after school. Makes 12 muffins.

Ingredients

- 1 cup white SR flour
- 1 cup wholemeal SR flour
- ½ teaspoon bicarbonate of soda
- 1 teaspoon cinnamon
- 2 carrots
- ½ cup brown sugar
- ½ cup chopped walnuts
- 2 eggs
- 2 tablespoons oil
- 1 cup low-fat milk

Utensils

- Muffin tray or 12 paper patty cases
- Large and small mixing bowls
- Wooden spoon
- Measuring cups and spoons
- Whisk or fork
- Metal spoon
- Non-stick cooking spray

