

Carrot and Muesli Muffins



Preparation time: 15 mins

Serves: 12 people

User Rating: ★★★★★

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Categories: Lunchboxes & Snacks, Vegetarian



Ingredients

- 4 eggs
- 300g wholemeal self raising flour
- 300g muesli with mixed fruit*
- 200g Carrots, peeled and grated
- 160g brown sugar
- 1 tsp ground cinnamon
- 165ml olive oil
- 12 muffin papers

Method

1. Preheat the oven to 180C and place muffin papers into a large muffin tin.

- 2. In a bowl combine flour, muesli, carrot, sugar and cinnamon.
- 3. Lightly whisk the eggs, add the oil and pour into the flour mix. Mix with a wooden spoon until well combined.
- 4. Spoon evenly into the muffin tins. Place into the oven and bake for 15 minutes. Insert a skewer into the middle of one of the muffins and if it comes out clean the muffins are ready. Rest in the tin for 5 minutes, then transfer to a cooling rack.

Can be eaten warm or cool. Refrigerate in an airtight container if not eating same day, or freeze for up to 1 month, and remove from freezer to thaw when ready to eat.

Notes

*You'll achieve the tastiest result if you select a muesli that is full of fruit!

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
108g	1620kj 387kcal	7.7g	18.3g	3.1g	44.6g	19.7g	215mg	6.3g

All nutrition values are per serve.