Mini carrot cakes

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Cancer Council
Australia’s Biggest Morning Tea
**Mini carrot cakes**

**Ingredients**
- ¾ cup wholemeal SR flour, sifted, add bran left in sifter to bowl
- 1¼ cup SR flour, sifted
- 1 tsp ground cinnamon
- ½ cup brown sugar, firmly packed
- 2 carrots, leave skin on, grated
- 3 eggs
- ¼ cup extra virgin olive oil
- ¾ cup reduced fat milk
- 2 tsp vanilla extract
- 2 tbsp sultanas
- ½ cup roasted walnuts, crumbled

**Method**
1. Preheat oven to 180ºC.
2. In a large bowl combine flours, sugar, carrots and sultanas.
3. In a small bowl combine eggs, oil, milk and vanilla. Add to dry ingredients, stir so just combined.
4. Grease a 24-hole mini muffin tray, divide mixture evenly into prepared tray. Sprinkle walnuts on top of muffins.
5. Bake for 12 minutes or until cooked through. Remove muffins from tray and cool on a wire cooling rack.

This recipe includes high fibre ingredients such as wholemeal flour, carrots, sultanas and walnuts. A high fibre diet can help cut bowel cancer risk. Try this recipe as a high fibre, healthier alternative to traditional carrot cake.