Mini carrot cakes

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Ingredients

- ³⁄₄ 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

Method

- 1. Preheat oven to 180°C.
- 2. In a large bowl combine flours, sugar, carrots and sultanas.
- In a small bowl combine eggs, oil, milk and vanilla. Add to dry ingredients, stir so just combined.

Serves: 24 Preparation time: 15 minutes Cook time: 12 minutes

- 2 tbsp sultanas
- 1/2 cup roasted walnuts, crumbled
- 3 eggs
- ¹⁄₄ cup extra virgin olive oil
- ¾ cup reduced fat milk
- 2 tsp vanilla extract
- 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.

