



CARROT CAKE MUFFINS

Ingredients:

- 200gm carrots
- 175gm brown sugar
- 200gm self-raising flour
- 2 teaspoons cinnamon
- 2 eggs
- 150gm oil

Method:

1. Heat oven to gas mark 5/180 degrees
2. Peel and grate carrots and add to bowl
3. Sift in flour, add sugar and cinnamon to bowl and mix together
4. Mix eggs and oil together and gradually add to the carrot mixture, mixing well
5. Scoop into muffin cases and bake for 20-30 minutes
6. For icing, add a little butter and icing sugar together to make into a paste,
7. Then add in low calorie soft cheese until it is spreadable and place a little in the middle of each muffin

