energy muffins

NIBBLEDISH CONTRIBUTOR

Ingredients

- 3/4 cup sugar
- 2 cups self-raising flour
- 1 tsp ground cinnamon
- 1 tsp baking powder
- 2 cups grated carrots
- 1 cup grated apples
- 1 cup dessicated coconut
- 1 cup sultanas
- 3 eggs
- 1 cup vegetable oil
- 1 tsp vanilla extract

Instructions

Carrots, apples, coconut, sultanas — doesn’t that sound healthy to you? :P

Even if you’re not in need of that extra energy boost to start your morning, even if you don’t feel like stirring a mash of orange-green pulp in your mixing bowl, I would implore you to try this. Moist, not overly sweet, full of flavour and bite, this recipe is definitely for keeps.

Or at least on those days when you want to feel *healthier*.

1. Preheat oven to 180C.
2. Sift flour, sugar, cinnamon and baking powder into a bowl.
3. Add carrot, apple, coconut and sultanas.

4. In a separate bowl, beat the eggs, oil and vanilla.
5. Add the wet ingredients into the dry ingredients.
6. Bake at 180C for 22-25mins.