# Carrot & Banana muffins

NIBBLEDISH CONTRIBUTOR

## Ingredients

- 1,5 cup of flour
- 1 tea spoon of baking soda
- 1 tea spoon of baking powder
- pinch of salt
- 2 carrots, grated
- 1 banana, mashed
- 1/2 cup of raisins
- 1/2 cup of honey
- 1 egg, whished
- 1/2 cup of milk
- 1/2 cup of pumpkin seeds and sunflower seeds
- 1/2 cup of oil
- 10 cloves, dried and powdered

## Instructions

1. Stif flour with salt, baking soda and powder.
2. Mix carrots, banana, honey, egg, milk, oil, powdered cloves. Then add raisins and seeds, then add flour bit by bit, keep stiring.
3. Pour dough into muffin baking tray.
4. Bake in preheated oven, in 180 degrees, about 20 min.