Fresh for Kids®

Carrot & zucchini muffins

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Preparation: about 20 minutes
Cooking: about 20 minutes
Makes: 12

Melted butter, for greasing
2 cups self-raising flour
2/3 cup caster sugar
1 tsp ground cinnamon
1 1/2 cups grated carrot (about 1 medium)
1/2 cup grated zucchini (about 1 small)
1/2 cup sultanas
100g butter, melted
2 eggs, lightly beaten
1/2 cup reduced fat milk

1. Preheat oven to 200°C. Grease 12 x 1/2 cup muffin pans with melted butter or line with paper cases.
2. Sift flour into a large bowl. Stir in caster sugar and cinnamon. Add carrot, zucchini and sultanas. Mix until well coated with flour mixture.
3. Whisk butter, eggs and milk together in a medium bowl. Using a large metal spoon, quickly fold butter mixture into carrot mixture until just combined. Spoon mixture evenly into muffin pans. Bake for 18–20 minutes or until cooked through when tested with a skewer. Remove and cool in pans for 5 minutes. Transfer to a wire rack to cool completely.

Note: Store in an airtight container. They're best eaten within 2 days.

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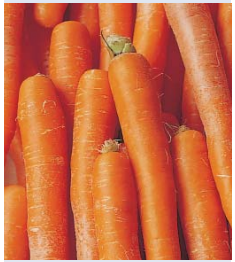

Carrots

- Crunchy a carrot or some carrot sticks is an ideal way to freshen the mouth and help keep teeth clean.
- The old adage that carrots help you see in the dark comes from their high content of beta carotene which the body converts to vitamin A. Healthy eyesight (especially in dim light) depends on adequate vitamin A.
- The natural sweetness in carrots makes them popular with kids and they're also a good source of dietary fibre (keeps kids regular).

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