Really Awesome
Cooks

Spicy Carrot and Pineapple Muffins

Season: All Year
Type: Afternoon Tea
Difficulty: Easy
Serves: 6 large, 12 medium or 24 mini muffins
Fresh from the garden: carrots and egg
Recipe Source: Australian Women’s Weekly Kids in the Garden

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**Equipment**
- Muffin Pan
- 1/3 cup measure
- 1/2 cup measure
- 1/4 cup measure
- 1/2 teaspoon measure
- Flour sifter
- Bowl
- Grater
- Can opener
- Wooden spoon
- Wire rack

**Ingredients**
- Olive oil spray
- 1/3 cup plain flour
- 1/2 self-raising flour
- 1/2 teaspoon bi-carb soda
- 1/4 cup caster sugar
- 1/2 teaspoon ground cinnamon
- 225gram can crushed pineapple
- 2/3 cup grated carrot
- 1/3 cup vegetable oil
- 1 egg

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**What to do**
- Pre-heat oven to 180°C
- Lightly oil muffin pan
- Peel and grate carrot
- Put flours, soda and cinnamon onto a sifter and sift into a bowl
- Add sugar and mix well
- Drain the pineapple and add to flour mixture
- Add carrot, oil and egg then mix with a wooden spoon until just combined
- Spoon mixture into pan and place in pre-heated oven
- Bake for 20 minutes then leave in pan for 5 minutes before turning onto a wire rack to cool.

Be careful not to over-mix as this will make the muffins tough!