Carrot cakes

These cakes are a great way to incorporate some veggies into your bakes. Carrots are packed with Vitamin A and the whole meal flour provides an extra fibre boost!

Makes: 12 portions • Preparation time: 60 minutes

Ingredients

- 150g spread/butter
- 250g carrots
- 200g caster sugar
- 100g plain white flour
- 100g plain wholemeal flour
- 2 x 5ml spoons cinnamon
- 2 x 5ml spoon baking powder
- 2 eggs
- 125g sultanas

Equipment

- Muffin tray
- 12 muffin cases
- Weighing scales
- Chopping board
- Vegetable peeler
- Sharp knife
- Grater
- Measuring spoons
- Small bowl
- Mixing bowl
- Spoons
- Cooling rack

Top tips

- Prepare the carrots ahead of time so the children can focus on grating.

Method

1. Preheat oven to 200°C or gas mark 6.
2. Place the muffin cases in the muffin tin.
3. Melt the fat in the microwave or in a small saucepan.
4. Peel, top and tail, and grate the carrots.
5. Combine the grated carrots, sugar and melted fat in the mixing bowl.
6. Sift in the flour, cinnamon and baking powder.
7. Beat the eggs in a small bowl, and then add to the mixture.
8. Mix in the sultanas and nuts (optional).
9. Mix all the ingredients together to form a smooth batter.
10. Divide the mixture equally between the muffin cases using 2 spoons.
11. Bake for 20 minutes, until golden.
12. Allow to cool on a cooling rack.