Carrot & Parsnip Muffins

15 minutes preparation + 25 minutes cooking

Ingredients
Olive or canola oil spray
1 cup wholemeal self-raising flour
¾ cup white self-raising flour
¼ teaspoon paprika or curry powder
1 large carrot, peeled and grated
1 parsnip, peeled and grated
2 tablespoons grated Parmesan cheese
2 tablespoons chopped parsley or basil
2 eggs, beaten
2 tablespoons oil
1 cup low-fat milk

Method
Preheat oven to 190°C. Lightly spray muffin trays with oil. Sift flours into a large bowl, returning husks to the bowl. Add paprika and fold in carrot, parsnip, cheese and herbs. In a separate bowl mix eggs, oil and milk. Pour into the dry ingredients. Lightly combine but do not over-mix. Spoon into a greased 12 - muffin tray and bake for 25 minutes or until golden brown and firm to touch. Cool on a wire rack.

Makes 12

Serving suggestion
Serve with low-fat cheese such as cottage cheese, quark or labneh.

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