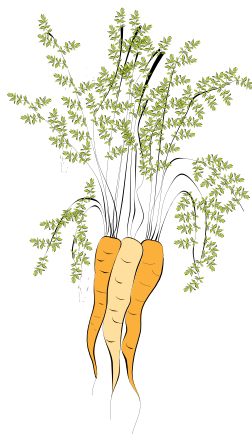


Carrot & Parsnip Muffins



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.



hint

These muffins freeze well and can be defrosted and microwaved to serve warm.

