

# Carrot & Zucchini Muffins

## Ingredients

- 150g plain flour
- 100g wholemeal flour
- 1 tsp baking powder
- ½ tsp bicarbonate of soda
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- ¼ tsp salt
- 2 large eggs
- 100ml olive oil or melted butter
- 100g honey or brown sugar
- 1 tsp vanilla extract
- 120ml milk
- 1 medium carrot, grated (about 80g)
- 1 medium zucchini (courgette), grated and squeezed of excess moisture (about 100g)
- 50g chopped nuts or raisins (optional)



## Directions

1. Preheat the oven to 180°C (160°C fan/gas mark 4).
2. Line a muffin tin with paper cases or grease lightly.
3. In a bowl, whisk together both flours, baking powder, bicarbonate of soda, cinnamon, nutmeg, and salt.
4. In a separate bowl, beat the eggs, then mix in the olive oil (or butter), honey (or sugar), vanilla, and milk.
5. Gradually fold the dry ingredients into the wet mixture.
6. Stir in the grated carrot, zucchini, and nuts/raisins if using.
7. Divide the batter evenly between the muffin cases.
8. Bake for 18–22 minutes, or until a skewer inserted in the centre comes out clean.
9. Cool in the tin for 5 minutes, then transfer to a wire rack.