

SNACK

CARROT AND SULTANA CUPCAKES



SHOPPING LIST:

- 200g carrots
- 80g plain flour
- 1 tsp baking powder
- 50g oil
- ½ tsp cinnamon
- 50g sultanas/raisins
- 1 egg

COSTINGS: *6p per cupcake







NUTRITIONAL INFORMATION:

Calories: 130kcal | Carbohydrates: 13g | Sugar 5.7g | Fat: 7.1g | Saturated fat: 0.7g | Protein 2.2g | Salt: 0.2g | Fibre: 1.6g

These cupcakes contain no added sugar so can be a great way to have a sweet treat without adding to your 'free sugar' intake. Carrots are an excellent source of beta-carotene, which your body converts in vitamin A.

Preparation time:	Cook time:	Servings:
30 mins	30 mins	8

DIRECTIONS:

		
1. Weight out your ingredients. Peel and chop the carrots.	2. Boil the carrots. Drain and leave to cool for 5 minutes so the excess water evaporates, then mash. If you prefer a smoother cake, you can puree them instead.	3. Mix the carrots, eggs and oil in a mixing bowl until all combined.
		
4. Sieve in the flour, cinnamon and baking powder. Mix until fully combined and then add in the sultanas or raisins and mix again until they are evenly distributed.	5. Put into cupcake cases in a muffin tray and cook in the oven at gas mark 4/ 180 °C for 30 minutes or until firm and golden.	6. Leave cupcakes to cool on a wire rack. Consume within 3 days or store them in the freezer.

*Average supermarket pricing as of March 2021