

**Season:** Year round  
**From the garden:** Carrots, oranges  
**Type:** Dessert  
**Difficulty:** Easy  
**Country of origin:** New Zealand  
**Serves:** 36 small tastes  
**Source:** *Marija Vidovich, Holy Cross School*

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### Equipment

- Muffin tin/s (36 mini holes required)
- Paper cake cases
- Grater
- Chopping board
- Cook's knife
- Large and medium mixing bowls
- Sieve or sifter
- Measuring cups and spoons
- Wooden spoon
- Whisk
- Cup
- Large tablespoon

### Ingredients

- 2 medium carrots
  - $\frac{3}{4}$  cup plain flour
  - 2 teaspoons baking powder
  - 1 teaspoon ground cinnamon
  - 1 teaspoon ground ginger
  - $\frac{3}{4}$  cup brown sugar
  - $\frac{3}{4}$  cup wholemeal flour
  - $\frac{1}{2}$  cup sunflower seeds
  - $\frac{1}{2}$  cup sultanas or raisins
  - $\frac{1}{2}$  cup desiccated coconut
  - 3 eggs
  - 1 cup rice bran or canola oil
  - 1 teaspoon vanilla extract
  - 1 teaspoon baking soda
  - 2 tablespoons freshly squeezed orange juice
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### How to make it

1. Line 18 muffin tins with paper muffin cases. Turn the oven to 180°C.
2. Wash the carrots and cut off each end, grate and set aside. You need 2 cups full.
3. Sift the plain flour, baking powder, cinnamon and ginger into a large mixing bowl.
4. Add the brown sugar, wholemeal flour, sunflower seeds, sultanas, coconut and the grated carrot and mix well to combine.
5. Break the eggs into a separate bowl and lightly whisk. Add the oil and vanilla.
6. Pour the orange juice into a cup and stir in the baking soda until it dissolves. Add to the egg mixture.
7. Make a well in the center of the dry ingredients. Pour in the wet ingredients and very lightly mix together with the tablespoon until just combined. It is important not to overmix or muffins will be tough.