Apple Carrot and Date Muffins

Serves: tastes for class of 36

can be made a 1 large cake or as cupcakes (36 medium size or 72 mini)

Equipment needed

- chopping board
- knife
- grater
- juicer
- spatula
- large mixing bowl
- measuring spoons
- measuring cups
- 3 X 12 cup muffin trays
- 36 small paper patty pans
- 2 metal spoons cooling rack
- small mixing bowl
- 4 serving plates

Ingredients

- 1 large granny smith or green apple
- 1 large carrots
- 2 eggs
- ¼ teaspoon salt
- ½ cup packed brown sugar
- ½ cup white sugar
- ½ cup oil
- ¼ cup dates
- 1 Tbsp sunflower seeds
- ½ teaspoon cinnamon
- 1 ½ cups SR self raising flour

Topping

- 2 Tbsp sugar
- ½ tsp cinnamon

What to do

1. Preheat the oven to 180 C.
2. Put paper patty pans into each muffin tray.
3. Peel and grate the apple on large side of grater and add to large bowl.
4. Peel and grate carrot and add to bowl.
5. Measure brown sugar and white sugar and add to bowl.
6. Chop the dates into small pieces and add to the bowl.
7. Add the sunflower seeds.
8. Measure and add the oil and salt. Mix well.
9. Add the cinnamon and eggs and mix well.
10. Measure and add the self raising flour and mix well.
11. Using 2 metal spoons, 2/3 fill each patty pan.
12. In small bowl mix the 2 Tbsp sugar and cinnamon. Sprinkle a little on each cake.
13. Put trays into the oven to bake for about 20 minutes. Cakes should be brown and firm to touch when done. Test one with a skewer and it should come out clean.
14. Remove from oven and place on cooling rack.
15. Allow to cool.