

Caribbean Treat Muffins

These muffins will bring a bit of sunshine into your life! Adding pineapple and coconut gives a taste of the Caribbean. They are delicious served warm as a dessert with a little crème fraîche.











Egg, milk, sulphites and wheat (gluten)*

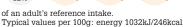
Nutritional information per portion (97g):











Equipment

Weighing scales

12 hole muffin tin

Paper muffin case x 12

Can opener

Colander

Large bowl

Chopping board

Sharp knife

Vegetable peeler

Grater

Measuring spoons

Mixing bowl

Wooden spoon

Measuring jug x 2

Fork

Metal spoon

Oven gloves

Pan stand

Wire rack

Ingredients

Makes 12 muffins

1 x 227g can unsweetened slices OR chunks pineapple (plus 1 x 15ml spoon juice from the can)

1 large carrot

250g self-raising flour

140g soft brown sugar

50g desiccated coconut

 $1 \times 5 ml$ spoon ground

cinnamon

1 x 5ml spoon bicarbonate

of soda

85ml sunflower oil

2 eggs

200ml semi-skimmed milk

1 x 5ml spoon vanilla extract

50g sultanas

*Presence of allergens can vary by brand always check product labels. If you serve food outside the home you must make allergen information available when asked.







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Method

- 1. Preheat the oven to 200° C/ 180° C fan or gas mark 6.
- 2. Put the paper cases into the muffin tin.
- 3. Open the can of pineapple. Place the colander over a large bowl and drain the pineapple, catching the juice in the bowl below. Chop into small pieces.
- 4. Wash the carrot and chop the ends off (top and tail). Peel and grate the carrot.
- 5. Mix together the dry ingredients (flour, sugar, desiccated coconut, ground cinnamon and bicarbonate of soda) in a mixing bowl.
- 6. Place the oil in the measuring jug.
- 7. Beat the eggs separately in a second measuring jug and add to the oil. Rinse out the jug.
- 8. Add the milk, vanilla extract and 1 x 15ml spoon pineapple juice to the oil and egg mixture.
- 9. Pour the wet ingredients into the dry ingredients and stir until combined. Gently fold in the carrots, drained pineapple and sultanas.
- 10. Spoon the mixture into the paper cases.
- 11. Bake for 15–20 minutes, until risen and just golden.
- 12. Cool on the wire rack. Delicious served warm.

Something to try next time

 Serve warm with 1 x 10ml spoon reduced-fat crème fraîche.

Prepare now, eat later

- Cool the muffins and store in an airtight tin for up to 2 days.
- Muffins are best eaten straight away but any leftover freshly baked muffins can be frozen for up to 1 month. Defrost before eating.