

Mini Carrot Cakes

Food Foundations • another NAQ Nutrition program

Ingredients

Serves: 20

- 1 ¼ cups wholemeal self raising flour
- ½ teaspoon ground cinnamon
- ½ cup light olive oil or rice bran oil
- 2 eggs
- ¼ cup maple syrup
- 1 teaspoon vanilla essence or extract
- 1 cup finely grated carrot
- 1 small ripe banana, mashed

Method:

1. Preheat oven to 180°C for conventional or 160°C fan forced.
2. Line mini muffin tins with mini cases or grease with spray oil.
3. Combine flour and cinnamon in a mixing bowl.
4. Whisk oil, eggs, maple syrup, vanilla, grated carrot and mashed banana in another bowl.
5. Combine wet ingredients and dry. Be careful not to overmix the batter.
6. Spoon mixture into prepared tins.
7. Bake for 15-20 minutes until lightly golden and cooked through.

Note: These cakes freeze well in an airtight container for up to 6 weeks.

Food Group	Serves provided per portion
Grain cereal foods	0.25
Unsaturated spreads and oils	0.5