

Carrot Cake Muffins (makes 10)

Ingredients:

300g wholemeal plain flour
2 teaspoons baking powder
1 teaspoon mixed spice
 $\frac{1}{2}$ teaspoon salt
50g ground almonds
1 large egg, beaten
1 teaspoon vanilla extract
100ml vegetable oil
100ml semi-skimmed milk
12 tablespoons Splenda granulated sweetener
Finely grated zest of 1 orange
350g carrots, peeled and finely grated
50g raisins

For the icing:

150g low fat soft cheese
1 tablespoon Splenda granulated sweetener

Method:

Preheat the oven to 200°C/400°F/gas mark 6. Place 10 paper muffin cases into a muffin tray, or use squares of greaseproof paper.

Sift the flour, baking powder, mixed spice and salt into a large mixing bowl. Stir in the ground almonds.

Beat together the egg, vanilla extract, vegetable oil, milk, sweetener and most of the orange zest. Add the grated carrot and stir well.

Tip the wet ingredients and raisins into the bowl with the dry ingredients. Stir until just combined. Avoid over mixing and do not beat. Spoon the mixture into the paper muffin cases. Transfer to the oven and bake for 20 – 25 minutes until risen and golden. Cool on a wire rack.

To make the icing, mix together the soft cheese and sweetener until smooth. Top the muffins with the icing and sprinkle them with reserved orange zest.

Per serving: 288kcal; 7g protein; 14g fat; 2.2g saturated fat; 35g carbohydrate; 11.4g sugars; 2.4g fibre; 0.31g sodium.