

Superb Carrot Muffins (Makes 12)

Ingredients:

225g (8 oz) self-raising flour
1 level tsp baking powder
150g (5 oz) light muscovado sugar (this could be swapped for caster or golden caster sugar instead)
50g (2 oz) walnuts, chopped
100g (4 oz) carrots, washed, trimmed and coarsely grated
2 ripe bananas, mashed
2 large eggs
150ml (1/4 pint) sunflower oil

For the topping:

50g (2oz) butter, softened
50g (2oz) full-fat cream cheese
150g (5oz) icing sugar, sifted
1/2 tsp vanilla extract

Method:

1. Preheat the oven to 180°C/Fan 160°/Gas 4. Put 12 muffin cases in a tray ready.
2. Sift together the flour and baking powder into a large bowl and stir in the sugar. Add the nuts, carrots and banana and mix lightly.
3. Make a well in the centre, add the eggs and oil and beat until well blended.
4. Put the mixture into the muffin cases.
5. Cook for 25-30 minutes until well risen and lightly brown.
6. Leave to cool on a wire rack.
7. To make the topping, place all the ingredients into a bowl and beat with an electric mixer until well blended and smooth. Spread over the muffins and rough up with a fork. Leave in a cool place to harden slightly before serving.

