



BBC Children in Need Joe Wicks' Healthy Bakes

Carrot and Apple Muffins



Makes 12 muffins.

Ingredients:

- 2 medium carrots, grated
- 2 medium eating apples, peeled and grated
- 100g ground almonds
- 60g raisins
- 1 tsp ground cinnamon
- 1 tsp baking powder
- 75g ricotta cheese
- 3 eggs
- 2 tsp vanilla extract
- 2 tsp honey
- 125g cream cheese

Method

1. Ask an adult to heat the oven to 180 degrees.
2. Line a 12-hole muffin tin with small muffin cases.
3. Place all of the ingredients (apart from 1 teaspoon of the vanilla extract, the honey and the cream cheese) into a large bowl and beat with a wooden spoon until fully combined.
4. Divide the mixture equally among the muffin cases.
5. Ask an adult to put the tin in the oven and bake for 25 minutes - they should be cooked through and a little golden on the top.
6. While the muffins are cooling, whip together the remaining vanilla extract, cream cheese and honey.
7. Once the muffins are completely cool, spread the cream cheese icing on top.