

LOCKDOWN LIFE

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Marvellous Muffins!

We had a lovely time making some surprise muffins last Friday at our baking session... but can you guess what the surprise is?



If you haven't been to one of our online Zoom sessions yet and want to try it out, just contact the Personalisation & Wellbeing Department for more information.

Let's find out more about the session!

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Well Done!

Vicky and Julie really enjoyed the baking session. Great work!



David thought the workshop was excellent!

The Recipe

Did you guess the secret surprise? These carrot cake muffins have the cream cheese icing hidden inside the muffins!

But that's not all... these muffins are secretly much healthier than many shop bought alternatives. They're packed with carrots, walnuts, raisins and wholemeal flour which adds vitamins and fibre. And because the carrots add moisture and sweetness they have and have much less fat and sugar than regular muffins. Wow!



Ingredients

- 140g self raising flour
- 140g self raising wholemeal flour
- 1 tsp bicarbonate of soda
- 2 teaspoons ground cinnamon
- 1 egg
- 120g caster or granulated sugar
- 340g carrots, finely grated
- 2 tbsp honey
- 60ml milk
- 90ml vegetable oil
- 60g chopped walnuts and/or raisins (optional)
- 60g cream cheese
- 2 tbsp icing sugar

How To Make Them

Carrot Cake



Muffins

1. Prepare your muffin tins. Use a deep tin with 12 holes. Line with paper muffin cases.
2. Preheat the oven to 190/Gas 5.
3. In a large bowl sift the flours, bicarbonate of soda and cinnamon .
4. In a smaller bowl mix together the sugar, carrot, egg, honey, milk and oil.
5. Mix the wet ingredients (in the smaller bowl) into the dry ingredients, stirring lightly until just combined.
6. In a separate bowl mix cream cheese and icing sugar until smooth.
7. Drop half of the muffin mixture into the cases. Add a teaspoon of the cream cheese mixture and spoon the remaining muffin mixture on top, making sure the icing is covered.
8. Bake for 18 minutes until the tops feel springy when gently pressed.