

# CARROT AND APPLE MUFFINS

Recipe by Sally Wise

## INGREDIENTS

- ☐ 1 cup wholemeal flour
- ☐ 2 teaspoons cinnamon
- ☐ 4 teaspoons baking powder
- ☐ 1 cup self raising flour
- ☐ 1 cup rolled oats
- ☐ ½ cup sugar
- ☐ 2 eggs, lightly beaten
- ☐ 1 cup plain yoghurt
- ☐ 1 cup grated carrot
- ☐ 1 cup grated apple
- ☐ 1½ cups sultanas

## METHOD

Preheat oven on to 190°C. Grease muffin pans or line with muffin tin papers.

Mix the dry ingredients together.

Add the rest of the ingredients and mix until just combined.

Fill the prepared muffin tins two thirds full of the mixture.

Bake for 20 to 25 minutes.

(Yield will depend on the size of the muffin tins you use.)



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# CHEESE AND CARROT PANCAKES

Recipe by Sally Wise

## INGREDIENTS

Makes about 12

- ☐ 1 cup cooked carrots, mashed till smooth
- ☐ 1½ cups self raising flour
- ☐ 1 egg
- ☐ ½ teaspoon salt
- ☐ ¾ cup milk
- ☐ ¾ cup grated cheese
- ☐ 1 spring onion, finely chopped or 2 teaspoons grated onion or ¼ teaspoon onion powder
- ☐ 1 tablespoon chopped parsley
- ☐ Olive (or other) oil for shallow frying

## METHOD

Whisk the egg then mix in the remaining ingredients.

Stir in the cheese, carrot, onion and parsley. Let mixture stand 5 minutes.

Heat about 1cm oil in a frying pan over medium heat.

Place tablespoonfuls of oil in the pan, allowing room for spreading. Cook till brown on one side, then flip over and cook on the other side for 2 minutes more or until cooked through.

Drain on absorbent paper towel. Repeat with any remaining mixture.

Makes approximately 8.



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# HONEY GLAZED CARROTS

Recipe by Sally Wise

## INGREDIENTS

Makes 12 to 15

- ☐ 500g carrots, peeled and cut into batons or julienne strips
- ☐ 30g butter
- ☐ ½ cup orange juice
- ☐ 3 level teaspoons honey (mild flavoured)
- ☐ ½ teaspoon salt (or to taste)

## METHOD

Cook carrots in boiling water until about half cooked through.

Strain. Add then add the butter, orange juice, honey and salt.

Bring to the boil, then cook over medium heat, stirring or tossing on pan often, until the liquid is reduced to a glaze and the carrots are just tender.



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# CARROT CAKE

Recipe by Sally Wise

## INGREDIENTS

- ☐ ¾ cup brown sugar, firmly packed
- ☐ ½ cup golden syrup
- ☐ 4 eggs
- ☐ ¾ cup light olive oil or vegetable oil
- ☐ 1¼ cups self-raising flour
- ☐ 1 cup plain flour
- ☐ 3 teaspoons ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ ½ teaspoon ground cloves
- ☐ ½ teaspoon ground nutmeg
- ☐ ½ teaspoon bicarbonate of soda
- ☐ 400g finely grated carrot
- ☐ 2 teaspoons finely grated lemon rind

## METHOD

Heat the oven to 150°C. Grease a 23cm round tin and line base with baking paper.

Alternatively, line large muffin tins with muffin papers, spray with cooking oil spray. To make the cake, in a large bowl whisk together the sugar, golden syrup, eggs and oil.

In another bowl, mix together the flours, spices and bicarbonate of soda. Add to the egg mixture with the carrot, lemon and orange rind and combine with a metal spoon.

Pour into the prepared tin and bake for 1½ hours or until a metal skewer. Leave to cool in tin for 20 minutes, then turn out onto a wire rack to cool completely.

Alternatively, for muffin sized cakes, spoon mixture into muffin papers to three quarters full and bake for 25 minutes or until a metal skewer inserted into the centre comes out clean. Remove to a wire rack to cool.



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# CARROT CAKE ICING

Recipe by Sally Wise

## INGREDIENTS

- ☐ 100g butter, softened
- ☐ 100g Cream cheese, softened
- ☐ 2 teaspoons finely grated lemon rind
- ☐ 2½ cups icing sugar
- ☐ 1 tablespoon lemon juice, approximately
- ☐ ½ cup flaked almonds or chopped walnuts for decoration, optional

## METHOD

Place the butter and cream cheese in a bowl and beat with a whisk or wooden spoon until well combined and free of lumps. Stir in the lemon and orange rind, icing sugar and lemon juice. Spread decoratively over the cooled cake or the muffin sized cakes.

Sprinkle with nuts if desired.



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# CARROT PECAN LOAF

Recipe by Sally Wise

## INGREDIENTS

- ☐ 70g butter, softened
- ☐ ½ cup brown sugar
- ☐ 40ml maple syrup
- ☐ 1 teaspoon finely grated lemon or lime rind
- ☐ 2 eggs
- ☐ 120g self raising flour
- ☐ 100g plain flour
- ☐ 2 teaspoons ground cinnamon
- ☐ ¼ teaspoon ground nutmeg
- ☐ ¼ teaspoon ground cloves
- ☐ ¼ teaspoon bicarbonate of soda
- ☐ 300g finely grated carrot
- ☐ 80g pecans or walnuts, chopped

## METHOD

Preheat oven to 170 degrees C. Grease a loaf tin approximately 13cm x 20cm.

Whisk together the butter, brown sugar, maple syrup lemon rind until light brown in colour, then whisk in the eggs and beat until light and fluffy.

Combine the dry ingredients and sift into the bowl. Fold in, along with the grated carrot. Fold in the pecans.

Spoon into the prepared tin, levelling out the surface, and bake for 40 minutes or until a metal skewer inserted into the centre comes out clean.

Leave to stand in the tin for 10 minutes, then turn out onto a wire rack to cool completely.



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# CARROT PECAN LOAF ICING

Recipe by Sally Wise

## INGREDIENTS

- ☐ 20g butter, softened
- ☐ 240g cream cheese, softened
- ☐ 2 teaspoons finely grated lemon rind
- ☐ 3 teaspoons lemon juice
- ☐ 180g icing sugar, approximately
- ☐ 60g pecans or walnuts, extra – roughly chopped

Note: The icing is not absolutely necessary on this cake – you can instead just slice and butter it at serving time.

## METHOD

Cream the butter and cream cheese together with the lemon rind.

Mix in the lemon juice and enough icing sugar to make a good spreading consistency.

Spread over the top of the cooled cake and sprinkle with the chopped pecans.



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