

Carrot Vitabrit Muffins



Serves	15
Prep time	20 minutes
Cook time	25 minutes
Total time	45 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Glutamates , Preservatives , Salicylates
Suitable for	Dairy / Lactose Free , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold , Serve Hot

Ingredients

- 2 Vitabrits (crushed)
- 3/4 cups white self-raising flour
- 1 1/4 cup wholemeal self raising flour
- 3/4 cups brown sugar
- 1 pear (peeled, cored and finely chopped)
- 2 Medium carrots (grated)
- 1 tablespoon golden syrup
- 2 tablespoons sunflower oil
- 1 1/4 cup oat milk
- 1 egg (lightly beaten)
- 1 teaspoon vanilla essence

Directions

1. Preheat the oven to 180 C and prepare the muffin pans.
2. Sift the flours and sugar into a bowl. Adding the husks back in.
3. Stir in the Vitabrits, pear and grated carrot. Make a well in the middle.
4. In a separate bowl, whisk together the golden syrup, oil, milk, egg and vanilla, then add to the flour mixture.
5. Mix gently until just combined, then spoon into the muffin pans.
6. Bake for 20 to 25 minutes, or until the muffins are well risen and spring back when touched.
7. Leave in the pan for a few minutes, then turn out onto a wire rack to cool, or eat while still warm.
8. Store in an airtight container.



Note

Low Amines, Low Glutamates, Moderate Salicylates, Dairy-free

Substitute the oat milk for any other type of milk.