

## OLD JOE'S KAIA GUESTHOUSE

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### Carrot and Fruit Muffins

Prepare a pan: *Spray a 12-muffin pan with non-stick spray*

Heat the oven: *190°C—200°C*

Sieve together: *500 ml cake flour  
125 ml brown cake flour ("Nutty Wheat")  
15 ml baking powder  
5 ml bicarbonate of soda  
2.5 ml ground ginger  
5 ml ground cinnamon  
2.5 ml salt*

Add: *250 g coarsely grated carrots  
50 g mixed dried fruit (cake mix) or raisins  
2 extra-large eggs  
125 g melted butter  
80 ml maple or golden syrup  
200 ml thin yoghurt or sour milk or buttermilk*

*Mix together until just mixed. All flour must be mixed in and then stop stirring immediately.  
Divide equally amongst the 12 pans.  
Bake for 18-20 minutes or until lightly brown*