

Orange, carrot, honey and pumpkin seed muffins - adapted from Nadia Lim

Ingredients

1. 3 eggs
2. $\frac{3}{4}$ cup oil e.g. vegetable oil, canola oil, olive oil or melted butter $\frac{3}{4}$ cup
3. $\frac{3}{4}$ cup honey (liquid or melted), maple syrup or sugar.
4. 1 ripe banana, mashed
5. 1 teaspoon vanilla essence
6. 2 carrots medium sized
7. 1 teaspoon baking soda mixed with 1 tablespoon warm milk (cows or non-dairy)
8. 2 oranges, finely zested
9. 2 cups of flour, try plain flour, gluten free or wholemeal flour
10. 2 teaspoons of baking powder)
11. $1\frac{1}{2}$ teaspoons of any combination of combination of mixed spice, cinnamon, allspice
12. $\frac{1}{2}$ cup desiccated coconut (optional)
13. $\frac{1}{4}$ teaspoon salt
14. 1 cup of seeds or roughly chopped nuts, try a combination of sunflower seeds, pumpkins seeds, almonds, walnuts, etc

Directions

1. Preheat oven to 180degC.
2. In a large mixing bowl, whisk eggs, oil or butter, honey, mashed banana and vanilla together.
3. Grate carrots directly onto a clean tea towel. Stir in 2 loosely packed cups of carrot, baking soda mixture and orange zest into egg mixture.
4. Sift flour and mixed spice into wet ingredients, and add coconut, salt and seeds. Stir into wet mixture, being careful not to over-mix (to avoid tough muffins).
5. To make muffins line a large 12-pan muffin tin with paper cases or oil and spoon batter into cases, dividing equally. To make a loaf coat a loaf tin with oil, pour the batter into the tin. Bake muffins for 25-30 minutes or loaf for 50-60 minutes or until a skewer inserted in the center comes out clean.
6. Try serving it with yoghurt!

Note: To minimise food waste, make sure to cut the zested oranges into wedges to enjoy later as another high-fiber snack