

HEALTHY EATING ISNT JUST RABBIT FOOD...

LET'S MAKE CARROT CUPCAKES!



WHAT YOU'LL NEED:

- 3 medium/large carrots (peeled & grated)
- 150ml orange juice
- 140g sultanas
- 80ml vegetable oil
- 3 tablespoons natural yoghurt
- 115g plain flour
- 115g self-raising flour
- 1 teaspoon baking powder
- 1 teaspoon bicarbonate of soda
- 1 teaspoon ground cinnamon
- 100g dark muscovado sugar
- 2 eggs

MAKES 16

Each cake contains

164 kcal

6G fat

13.5G sugar

WHAT TO DO:

1. Pre-heat the oven to 160C/ fan 140C/ Gas mark 3. Put paper cases onto a bun tray.
2. Put the sultanas and orange juice in a bowl and leave to soak.
3. Mix together the plain flour, self-raising flour, baking powder, bicarbonate of soda and cinnamon.
4. Combine the eggs and sugar in a separate bowl and whisk until thick and foamy.
5. Slowly add the oil and yoghurt and continue whisking until combined.
6. Add the flour mixture in batches and fold in gently.
7. Drain the sultanas, then add the sultanas and carrots into the cake mixture.
8. Spoon the mixture into the paper cases and bake in the oven for 25 minutes. You can tell when the cakes are cooked by inserting a skewer into the cake – if it comes out clean, they're done!



HELLO, PARENTS & GUARDIANS!

WE ARE BEEZEE BODIES, AND WE WORK WITH HERTFORDSHIRE COUNTY COUNCIL TO PROVIDE FREE (AND FUN!) HEALTHY LIFESTYLES SUPPORT FOR CHILDREN AND THEIR FAMILIES.

WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER?

GOOD NEWS! WE HAVE NEW BEEZEE FAMILIES GROUPS STARTING NEAR YOU THIS MONTH (PLUS LOTS OF ONLINE SUPPORT AVAILABLE TOO).

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CAMERA!

*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Hertfordshire and include one child aged 5 - 15 who is above their ideal healthy weight.