



DAY 1: MINI CARROT CAKES

Makes 28



GATHER THESE:

450g carrot
 4 large eggs
 140g coconut oil, olive oil or softened butter
 250g self raising flour, can use GF
 1 tsp baking powder
 90g sugar or sweetener of choice
 ½ tsp salt, optional
 2 ½ tsp ground cinnamon
 2 tsp vanilla bean paste
 100g chopped walnuts or sultanas, optional

THEN MIX LIKE THIS:

- 1 Preheat oven to 180C. Line a muffin tray with paper cases.
- 2 Roughly chop carrots and place into bowl. Speed 7 / 6 seconds. Scrape down side.
- 3 Add remaining ingredients. Speed 4 / 6-8 seconds. You will need to use your spatula to aid the mixing process. Be sure not to over mix the batter.
- 4 Spoon 1 heaped tablespoon of cake batter into each paper case or muffin tins.
- 5 Bake for 14-18 minutes or until cooked through. Allow to cool on a wire cooling rack.

OR COOK LIKE THIS!

- 1 Preheat oven to 180C. Line a muffin tray with paper cases.
- 2 Grate carrots on a large grater or process in a food processor on high for a few seconds. Add carrots to a large mixing bowl.
- 3 Add remaining ingredients. Mix until just combined. Be sure not to over the batter.
- 4 Spoon 1 heaped tablespoon of cake batter into each paper case or muffin tins.
- 5 Bake for 14-18 minutes or until cooked through. Allow to cool on a wire cooling rack.

NOTE: These will become moist over the next day or two. These Mini Carrot Cakes are perfect to make ahead for parties etc.

FREEZING TIP!
 Cook and cool. Wrap in a layer of aluminium foil then cling film before placing into a freezer safe container. Will keep in the freezer for up to 4 months or in the fridge for up to 3 days. Thaw before consuming.