

‘These fibre-rich muffins are great for lunchboxes and they’re a good way to get children to eat carrots. They also make a fantastic teatime treat, glazed with a mascarpone or cream cheese frosting that has been sweetened with a few tablespoons of icing sugar.’



## Gordon Ramsay's Carrot and Pineapple Muffins

### Makes 12 large muffins

150g carrots	2 large eggs, beaten
100g plain flour	225g tinned pineapple in natural juice, drained and finely chopped
100g wholemeal flour	50g golden sultanas (optional)
2 tsp baking powder	50g walnut pieces (optional)
1 tsp ground cinnamon	2 tbsp Demerara sugar (optional)
½ tsp ground ginger	
100ml vegetable oil	
50g salted butter, melted	
150g light muscovado sugar	



1. Preheat the oven to 180°C/Fan 160°C/Gas mark 4. Line a 12 hole muffin tin with paper cases.
2. Peel and coarsely grate the carrots, then pat dry with kitchen paper.
3. Mix together the plain and wholemeal flours, baking powder and ground spices in a bowl. In another large bowl, beat together the oil, melted butter, sugar and eggs.
4. Add the grated carrots to the wet mixture, then stir in the pineapple, sultanas and walnuts. Gradually fold in the flour mixture until just combined. Do not overwork the batter to keep the muffins light and fluffy.
5. Spoon the batter into the lined muffin tray and sprinkle with Demerara sugar, if using. Bake for 25-30 minutes until a skewer inserted into the middle of the muffins comes out clean. Cool on a wire rack.