

# HOP INTO SPRING - RECIPE CARD



## Take Home Recipe - Apple, Carrot & Bran Muffin

This recipe makes 18 servings of 60gs  
- perfect for sharing with friends & family!

110g	Vegetable oil
220g	Caster sugar
4	Eggs, beaten
1	Zest of 1 and juice of 1/2
1 tsp	Bicarbonate of soda
1/2 tsp	Salt
245g	Plain flour
100g	Carrots, grated
80g	Sultanas
80g	Bran Flakes
2	Granny Smith apples, cored and chopped (skins left on)

### Method

1. Preheat the oven to 160 degrees celsius / Gas mark 3.
2. Mix the oil and sugar together. Slowly add the eggs making sure that the mixture doesn't split.
3. Then add in the lemon zest and juice.
4. Add the bicarbonate of soda, salt and plain flour and mix well, making sure there are no lumps.
5. Gently fold in the carrot, sultanas, bran flakes and apple.
6. Divide the mixture between the muffin cases and bake for 20 minutes until cooked and the core cooking temperature is reached.



We'd love to see your finished Desserts! Post your pics @ mellorscatering #GoodnessBakedIn

*Mellors*  
**FOOD  
HAPPY**

# HOP INTO SPRING - RECIPE CARD



## Take Home Recipe - Apple, Carrot & Bran Muffin

This recipe makes 18 servings of 60gs  
- perfect for sharing with friends & family!

110g	Vegetable oil
220g	Caster sugar
4	Eggs, beaten
1	Zest of 1 and juice of 1/2
1 tsp	Bicarbonate of soda
1/2 tsp	Salt
245g	Plain flour
100g	Carrots, grated
80g	Sultanas
80g	Bran Flakes
2	Granny Smith apples, cored and chopped (skins left on)

### Method

1. Preheat the oven to 160 degrees celsius / Gas mark 3.
2. Mix the oil and sugar together. Slowly add the eggs making sure that the mixture doesn't split.
3. Then add in the lemon zest and juice.
4. Add the bicarbonate of soda, salt and plain flour and mix well, making sure there are no lumps.
5. Gently fold in the carrot, sultanas, bran flakes and apple.
6. Divide the mixture between the muffin cases and bake for 20 minutes until cooked and the core cooking temperature is reached.



We'd love to see your finished Desserts! Post your pics @ mellorscatering #GoodnessBakedIn

*Mellors*  
**FOOD  
HAPPY**