



Pink Lady® Wholewheat Carrot Cake Muffins with Cream Cheese Icing

These are absolutely divine and you don't have to feel too guilty about eating them! The Pink Lady® apples used in this recipe helps keep the muffins moist.

Serves: 24



Ingredients:

- ♥ extra large eggs
 - ♥ cup (250 ml) plain yoghurt
 - ♥ 1 x 700 g Ina Paarman's Muffin Mix with Raisins and Bran
 - ♥ 2 cups (500 ml) grated carrots
 - ♥ ½ cup (50 g) chopped pecan nuts
 - ♥ 1/2 cup (125ml) canola or sunflower oil
 - ♥ 1 cup (250ml) milk
 - ♥ 2t (10 ml) ground cinnamon
 - ♥ 1 Pink Lady® apple, coarselygrated with skin on
 - ♥ paper cups
- #### Cream Cheese Icing
- ♥ ¼ cup (60 ml) butter
 - ♥ 2 cups (250 g) sifted icing sugar
 - ♥ extra nuts and orange zest to garnish
 - ♥ 1/2 t (2,5 ml) vanilla essence
 - ♥ 125g cream cheese or smooth creamed cottage cheese

Method:

Preheat oven to 180°C and adjust oven rack to middle position. Remove the raisin-bag from the foil packet and pour boiling water over the raisins to plump them up. Drain immediately and set aside to swell.

Line two muffin pans with paper cups. Beat eggs and oil for 2 minutes on high speed until well blended. Add yoghurt and milk and beat for 1 minute on high speed. Add contents of pack, cinnamon, drained plumped raisins, grated carrots, grated apple and chopped nuts. Stir by hand with a spatula ± 40 times until uniformly blended. (Do not beat). Spoon one heaped tablespoon of mixture into muffin pans. Fill the hollows only about 2/3 full. Bake for about 20-25 minutes until nicely risen and browned.

Cream butter and vanilla, gradually add icing sugar until you get a dry, crumbly mixture. Add the cream cheese. Don't beat cheese, just fold it in gently by hand, as it becomes watery when over mixed - the icing must still look slight lumpy. Ice muffins when completely cooled. Garnish with chopped nuts and orange zest.

Chef's Hint:

Apart from Philadelphia cream cheese which is very expensive most other cream cheeses have quite a high water content and must be dripped in a sieve lined with white kitchen paper or muslin before used in the icing. I prefer to use low fat creamed cottage cheese as it is not so rich. Cottage cheese definitely needs to be dripped overnight.



Created by



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