



# Overnight muffins

Recipe by Anna Gare

Presented at the 2018 WASCA Food Forum, supported by *Eat brighter Live Lighter*

Traffic light category: **Amber**

Serves: 24 muffins

## Ingredients

3 eggs  
1 cup canola oil  
1 teaspoon vanilla  
1 cup sugar  
½ cup unsweetened pineapple juice  
2 cups grated carrots  
¼ cup shredded coconut  
2 grated apples  
¼ cup sultanas  
2 cups plain flour  
2 teaspoons bicarb (sifted)  
2 teaspoons cinnamon powder

## Method

**Whisk** together eggs, oil, vanilla, sugar and juice.

**Add** all remaining ingredients, stir until well combined.

**Cover** and refrigerate over night.

**Heat** oven to 180°C.

**Spoon** mixture into greased or lined muffin tins almost to the top, be generous as the mixture doesn't rise much.

**Bake** for 40 minutes.

### **A note from Anna**

*These muffins are delicious straight out of the oven whilst still hot and they will keep moist and fresh for a few days in an air-tight container.*

*Once baked and cooled they also freeze well to eat another day.*

*For some added crunch, ½ cup walnuts can be added if desired.*



*Supporting healthy choices*

☎ 9264 4999

✉ wasca@education.wa.edu.au  /wascainc

💻 waschoolcanteens.org.au  /wascainc