**Sally’s Drawer**

**Healthy Coconut and Carrot Muffin**

**Ingredients**

**1 cup wholemeal flour**

**1/2 cup rolled oats, plus 2 tablespoons for garnish**

**2 teaspoons baking powder**

**2 teaspoons ground cinnamon**

**1/2 teaspoon salt**

**2 eggs**

**1 cup unsweetened apple sauce**

**1/3 cup honey**

**2 teaspoons vanilla extract**

**1/2 cup coconut oil**

**2 cups grated carrots**

**1/2 cup shredded coconut, plus 2 tablespoons for garnish**

**1/2 cup raisins**

**Method**

1. **Preheat oven to 180°C. Grease a 12-cup muffin tray.**
2. **Mix flour, 1/2 cup oats, baking powder, cinnamon and salt in a medium bowl.**

**3. Whisk eggs, apple sauce, honey and vanilla in a large bowl. Whisk in coconut**

**oil. Gently stir in the flour mixture until just moistened. Fold in carrots, ½ cup**

**coconut and raisins.**

**4. Spoon the batter into the muffin cups. Sprinkle the tops with the remaining oats and coconut.**

**5. Bake the muffins (30 to 35 minutes) or until they spring back when lightly touched and a toothpick inserted in the centre comes out with only moist crumbs attached.**

**6. Let stand in the pan for 10 minutes before turning out onto a wire rack. Serve warm or at room temperature.**

**Equipment: - 1 x 12 (1/2 cup) muffin tin - 12 x muffin cups**