

RECIPE

# Nutella sweet potato and carrot muffins

Easy

35 min



## INGREDIENTS

for 12 portion

- 150g carrot, peeled and coarsely grated
- 150g sweet potato, peeled and coarsely grated
- 1 apple, coarsely grated
- 240ml rapeseed oil
- 1 tsp vanilla extract
- 4 medium eggs
- 125g wholemeal self-raising flour
- 50g oat flour
- 75g self-raising flour
- ½ tsp mixed spice
- 1 tsp baking powder
- ¼ tsp salt
- 10g pumpkin seeds, finely chopped
- 10g oats
- 180g Nutella (1 heaped teaspoon (15g) per portion)



To prepare this delicious recipe, 15g of Nutella® per person is enough to enjoy!

## METHOD

- 1 Preheat the oven to 190c/fan 170c/ gas mark 5.
- 2 Line a 12 hole muffin tin with paper cases.
- 3 In a mixing bowl stir together the carrots, sweet potato and apple.
- 4 Beat together in a jug the rapeseed oil, vanilla extract and eggs. Pour the wet mix into the bowl and stir together.
- 5 Sift over the flours, mixed spice, baking powder and salt, fold together gently, being careful not to over mix.
- 6 Spoon the mixture into the prepared muffin cases, sprinkle the tops of each with chopped pumpkin seeds and oats and bake for 25 minutes until risen and golden.
- 7 Remove from the oven and leave to cool on a cooling rack. When cool drizzle the tops with 1 heaped teaspoon (15g) of Nutella per portion.

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