

Carrot & Orange Muffins w/ Walnuts

makes 12

*240 g all purpose flour
60 g whole wheat rye flour
1 ½ ts baking powder
½ ts soda of bicarbonate
a pinch of salt
90 g brown sugar
8 g vanilla sugar
1 large egg
190 ml fresh orange juice
80 ml butter, melted
100 g carrots, peeled and grated
grated rind of 1 untreated orange
30-40 g walnuts, chopped*

Preheat oven to 190° C. Sift the flour and mix all the dry ingredients until well combined. In another bowl mix well the wet ingredients. Add grated carrots and orange rind. Add the dry mix to the wet mix and stir with a spoon or spatula. Do not over mix the dough. Spoon the batter into the muffin pans evenly. Sprinkle the walnuts over the top.

Bake 20-30 minutes or until cooked and golden.

Serve them warm.