



please ensure you read ingredients carefully before proceeding if you suffer from any allergies, fts:chef will provide gluten free and dairy free alternatives when possible on recipes.

healthy snack #001

veggie muffins

(for adults)

monster muffins & unicorn fairycakes

(for children)

'all fts:chef recipes are healthy, educational and child-friendly' – fts:chef, Harry



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Yield: 12

Ingredients

300g Self Raising Flour
1 tspn, Ground Cinnamon
2 Whole Eggs (medium)
1 Medium Courgette
1 Medium Carrot
50ml Local Honey
60ml English Rapeseed Oil
160ml Semi Skimmed Milk

Equipment

Mixing Bowl
Grater
Cupcake Moulds
Muffin Tray
Whisk
Wooden Spoon
Measuring Jug
Scales

did you know that fts:chef is busy creating Healthy Family Recipe Packs and these are available to purchase upon request by visiting www.finishingtouchsports.com/ftschef or emailing us directly at finishingtouchsports@gmail.com

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Method

1. **Preheat oven to 190c...**
2. **Sift Flour and Cinnamon into mixing bowl...**
3. **Whisk all wet ingredients together in measuring jug...**
4. **Peel Carrot, then grate Carrot and Courgette, squeeze out any excess moisture...**
5. **Mix wet and dry ingredients** until fully incorporated, then, **add grated vegetables** until bound...
6. **Split mix between 12 moulds equally and bake for 15 minutes** (*until golden brown and spring back...*)
7. **Place on wire rack**, leave to cool before decorating.

fts : chef - top tips

EVEN HEALTHIER! – You can switch Self Raising Flour for a Wholemeal Variety of Self Raising Flour; you will just need to add 20ml more milk to your recipe.

GLUTEN FREE! – Replace Self Raising Flour with Plain Gluten Free Flour & 1 tspn of Baking Powder (GF).

DAIRY FREE! – Replace milk with almond or Oat Milk, the fat content will not affect the overall product.

EGG FREE! – This snack can be completed without eggs
you may experience slightly different characteristics in your finish

DON'T SPOIL THE OIL! – Good Quality English Rapeseed Oil is recommended for this snack – do not use Olive Oil due to its bitter characteristics as this snack is a 'sweet treat'.

EXPERIMENT! – You can use different vegetables & even fruits for this snack - sticking to harder vegetables is advised due to its natural sugar content.

