Carrot & Coconut Muffins  
32 serves

Equipment:
- 1 grater
- 12 chopping boards
- Measuring cups
- Measuring spoons
- Medium steel mixing bowl
- Large steel spoon
- Muffin trays red/steel

Ingredients:
- 3 carrots
- 2 cups self raising flour
- 1 cup plain four
- 1 teaspoon bicarbonate of soda
- 1 cup Olive oil
- 1 teaspoon cinnamon
- 1 cup golden syrup
- 3 eggs
- 1 teaspoon vanilla essence
- ½ teaspoon ginger powder
- ¼ cup brown sugar

Method:

1. Preheat oven to 200 degrees fan-force. Grease a 20cm (base) round cake pan lightly with oil, and line with non-stick baking paper. Peel and grate the carrots, and set aside. Sift the flours, bicarbonate of soda and cinnamon into a large bowl.
2. Put the brown sugar, oil, golden syrup, eggs and vanilla in a separate bowl. Use a balloon whisk to mix until combined.
3. Pour the oil mixture into the dry ingredients. Use a wooden spoon to stir gently until just combined. Stir in the grated carrot.
4. Pour the mixture into patties and bake for 1 hour. Set aside for 5 minutes, before turning out onto a wire rack to cool completely.
5. To make the icing, place the cream cheese, icing sugar and vanilla in a bowl. Use a wooden spoon to mix until well combined.
6. Spread the icing over the muffins