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Carotino Recipes

Carotino Walnut Muffins

Ingredients:

150 g (5 oz) plain flour
175 g (6 oz) brown sugar
50 g (2 oz) butter
150 ml (¼ pint) Carotino Oil
2 large eggs (yolks separated)
110 g (4 oz) walnuts
50 g (2 oz) cashew nuts
2 teaspoons baking powder
½ teaspoon salt

Topping (optional):

75 g (3 oz) brown sugar
110 g (4 oz) chopped walnuts
½ teaspoon cinnamon

Mix and sprinkle on top prior to cooking

Method:

Line muffin tins with cup cake cases. Beat butter, Carotino oil and sugar until creamy and fluffy. Add egg yolks to the above mixture and beat until white. Beat egg white until soft peaks are formed. Add egg white spoonful by spoonful alternately with flour and nuts. Mix very gradually and pour mixture into cup cake cases. Bake at 150°C (Gas Mark 4) for 30 minutes. The muffins are ready when they shrink from the side of the cases and are springy to touch.

Cool and serve or store in airtight containers.

Serves 6