

ABC Muffins

Ingredients

- 2 apples, grated
- 2 large ripe bananas, mashed
- 1 carrot, grated
- 1/2 cup choc chips (no more!)
- 1/2 cup milk
- 1/2 cup brown sugar
- 1/2 cup oil or butter
- 1 egg
- 2 cups self-raising flour

Method

1. Preheat oven to 200C / 400F.
2. Mix banana, sugar, oil, egg and milk.
3. Stir in apples, carrot, and chocolate.
4. Stir in flour.
5. Spoon into muffin pans.
6. Bake for 10-12 minutes.

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