

Enable Ireland's Recipes for Beginners

Berry Breakfast Muffins and Roasted Carrot Hummus

1. Berry Breakfast Muffins

Ingredients

- 260g plain flour
- 1 teaspoon baking powder
- 100g caster sugar
- 2 tablespoons Desiccated coconut
- 200ml milk
- 150g -Fresh or frozen mixed berries- (raspberries /blueberries/ blackberries)
- 75ml sunflower oil
- ½ teaspoon salt
- 1 egg
- 1 teaspoon brown sugar and 2 teaspoon porridge oats mixed together or flaked almonds



Method

- 1) Heat oven 170c.
- 2) Line a 12 cup muffin tin with cases.
- 3) Sieve-flour, baking powder, sugar, coconut and salt tog.in large bowl. Measure oil and milk into a jug. Add egg and whisk together .Pour this into the dry ingredients. Mix well to make a batter.
- 4) Fold in the frozen/fresh berries gently. Make sure the berries are all covered.
- 5) Fill each muffin case about $\frac{3}{4}$ way up, sprinkle oats on top. Bake for 35mins.Until risen and golden colour. Allow to cool well. Lovely for breakfast/lunch box or snack.

2. Roasted Carrot Hummus

Ingredients

- 500g carrots (organic if possible)
- 2 cloves garlic
- 1 tablespoon olive oil
- 400g tin chickpeas
- 1 teaspoon ground cumin
- 3 tablespoons orange juice



Method

- 1) Preheat the oven to 200°C (Gas mark 4/400°F).
- 2) Wash the carrots and dry with kitchen paper. Tip the carrots into a freezer type bag, add the garlic cloves, (leaving garlic in their skins) add oil. Squeeze the bag to coat the veg with the oil. Toss veg. out onto a roasting tray.
- 3) Pop in the oven to roast for 20-25 minutes until the carrots are golden and cooked through. When the carrots are soft, take out of the oven and leave to cool.
- 4) Drain the chickpeas and tip into a blender (or a dish suitable to use with a hand blender). Squeeze the cloves of garlic out of their skins and into the blender with the chickpeas. Add the cumin, roasted carrots and orange juice and season to taste. Blend all of the ingredients together until you have a soft hummus consistency. Pour into a bowl or jar. Chill in fridge.
- 5) Serve with finger foods for dipping – vegetable sticks-celery, carrot, cucumber or apple slices, slices of toast, small crackers, pitta bread and breadsticks. Perfect for snacks and picnics.