

### Carrot Muffin Cake Mix with Agave Syrup

150ml Sunflower Oil  
150ml Milk semi skimmed  
100ml Crazy Jack Agave Syrup  
3 Medium eggs  
300g Self Raising Flour – sifted  
150g Carrots Grated  
50g Crazy Jack Walnuts  
50g Crazy Jack Sultanas  
3 tbsp Baking Powder  
¼ tsp Allspice  
¼ tsp Cinnamon  
¼ tsp Ginger

1. Preheat oven to 180 °C/Gas Mark 4.
2. Mix all the dry ingredients in a bowl, (sultanas, walnuts, grated carrot, flour, baking powder and spices.)
3. Mix the oil, milk, eggs and agave syrup in a jug or bowl.
4. Pour the contents of the jug into the bowl of dry ingredients and mix thoroughly.
5. Place the mixture in a cake tin 8inch (21cm) x 1½ inches (4cm) deep and cook in a pre-heated oven for 35-40mins.
6. Remove from the oven and allow to cool.