

Carrot and Courgette Buns

Ingredients (makes 4 tulip case buns)

- 200g courgette grated
- 150g carrot grated
- 1 large egg beaten
- 60ml sunflower oil
- 2 tsp orange extract
- 100g dark brown sugar
- 150g Self raising flour
- 1/2tsp baking powder

For the cheese frosting

- 100g cream cheese
- 70g icing sugar
- Zest of ½ lemon, lime, orange



Method

1. Pre heat oven to 160°C / Gas 4.
2. Grate the courgette and carrot into a bowl.
3. Use your hands to squeeze as much liquid as you can from the courgette and carrot. Pick up a small handful at a time and squeeze out the liquid into a separate bowl.
4. Put courgette, carrot, sugar, oil, eggs (beaten) in large bowl and stir to combine.
5. Stir in the orange extract.
6. Fold in the sieved flour and baking powder.
7. Put 4 tulip bun cases in bun tin.
8. Evenly distribute cake mix into the bun cases.
9. Bake for 20-25 mins or until golden brown colour and firm on top. Insert a cocktail stick into the bun and if it comes out clean or with just a few crumbs on, they are cooked.
10. Put buns on a cooling tray.
11. Sieve the icing sugar into a bowl, add the cream cheese and the zest and beat with an electric mixer until thickened enough to spread on top of buns.
12. Spread frosting on top of buns and top with more zest to add colour.

