

Carrot Spice Muffins

Vegetables in a baked good? Yes please!

- Servings - 12 muffins
- Prep time - 10 minutes
- Cook time - 30 minutes

Ingredients

- 1 1/4 cup all purpose flour (you can sub whole wheat if you want)
- 2/3 cup brown sugar
- 1 teaspoon cinnamon
- 1 teaspoon baking spice (if you don't have this - just use 2 tsp total of cinnamon)
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- Pinch of salt
- 2 eggs
- 1/3 cup vegetable oil
- 1 teaspoon vanilla extract
- 2(ish) cups of grated carrots (3-4 medium carrots - it's super easy to do with a cheese grater)

Protocol

1. Preheat oven to 350F.
2. Combine flour, sugar, spices, baking powder, baking soda, and salt into a large bowl.
3. In a separate bowl, whisk the eggs, oil, and vanilla together.
4. Add the wet mixture to the dry mixture and stir until just combined. This will seem kind of dry, but it's okay - the carrots add a lot of moisture.
5. Add the carrots and stir until evenly distributed.
6. Divide the batter between 12 muffin cups and bake at 350 for 28-30 minutes.
7. Let them cool and store them in an airtight container. For breakfast, try microwaving them for a few seconds to warm them up! Enjoy!

-D&E