

Carrot Muffins

Prep: 10 minutes | Cook: 25 minutes | Total: 35 minutes

Yield: 12 servings | Serving Size: 1 muffin

Ingredients

Nonstick cooking spray

¾ cup all-purpose flour

½ cup whole-wheat flour

½ cup old-fashioned (rolled) oats

2 teaspoons baking powder

½ teaspoon baking soda

2 teaspoons cinnamon

½ teaspoon salt

½ cup sugar

½ cup plain yogurt

⅓ cup canola oil

2 eggs

1 teaspoon vanilla extract

2 cups shredded carrots (about 4 medium carrots)

Directions

- Preheat the oven to 375°F.
- 2. Grease a 12-cup muffin tin with cooking spray.
- 3. In a medium mixing bowl, whisk together the all-purpose flour, whole-wheat flour, oats, baking powder, baking soda, cinnamon, and salt. Stir to combine.
- 4. In a separate medium mixing bowl, whisk together the sugar, yogurt, oil, eggs, and vanilla.
- 5. Add the yogurt mixture and the carrots to the flour mixture. Gently fold to combine.
- 6. Divide the batter between the prepared muffin tin cups, filling each about three-quarters of the way full.
- 7. Bake for 22-25 minutes. Press down gently on the top of one of the muffins to test for doneness. If it springs back up, the muffins are done.
- 8. Let the muffins sit in the muffin tin for 5 minutes, then remove and allow to cool completely on a cooling rack.
- 9. Serve room temperature or warm.

Recipe Notes

• Muffins freeze well for up to 4 months. Simply remove from the freezer and warm in the microwave.

Nutrition Facts Per Serving: Calories: 185 | Total Fat: 8 g | Saturated Fat: 1 g Sodium: 175 mg | Total Carbohydrate: 23 g | Dietary Fiber: 1.5 g | Protein: 4 g



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