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

1. 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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