

# Carrot Muffins



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

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**Serves:** 12

**Prep:** 10 minutes | **Cook:** 35 minutes

## INGREDIENTS

- 4 tablespoons vegetable oil (2 Tbsp for cooking carrots + 2 Tbsp for the batter)
- 4 medium carrots, grated (about 2 1/2 cup)
- 1 1/4 cup milk
- 2 eggs, beaten
- 1 1/2 cup whole wheat flour
- 1 tablespoon baking powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground cumin or coriander
- 1/2 teaspoon salt

## DIRECTIONS

1. Preheat the oven to 375F.
2. In a medium pan, heat 2 tablespoons of oil over medium heat. Add grated carrots and cook, stirring occasionally, until the carrots are cooked through, for about 8-10 minutes. Let the carrots cool.
3. In the meantime, put the whole wheat flour, baking powder, garlic powder, ground cumin/ coriander and salt into a bowl and mix.
4. In a different bowl, combine eggs, milk and 2 tablespoons of oil and stir. Add the cooked carrots and mix until combined.
5. Add the dry ingredients to the wet ingredients and mix.
6. Spoon the batter into the muffin pan, dividing evenly. Bake in the preheated oven for 35 minutes. Test if the muffins are done by inserting a toothpick – if it comes out clean then the muffins are done.



## Nutrition Information

*Serving Size: 1 muffin*

<b>Calories</b>	<b>137</b>
<b>Total fat</b>	<b>6 g</b>
Saturated Fat	1 g
Trans fat	0 g
<b>Cholesterol</b>	<b>27 mg</b>
<b>Sodium</b>	<b>232 mg</b>
<b>Carbohydrates</b>	<b>18 g</b>
Fiber	3 g
Sugars	3 g
<b>Protein</b>	<b>4 g</b>

Recipe adapted from:  
Mariaushakova.com