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Prevent and Protect
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CINNAMON CARROT MUFFINS

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Makes 12 muffins

$\frac{3}{4}$ cup all-purpose flour
 $\frac{1}{2}$ cup whole-wheat flour
2 tablespoons wheat germ
1 teaspoon ground cinnamon
1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon baking soda
 $\frac{1}{8}$ teaspoon kosher salt
 $\frac{1}{2}$ cup vegetable oil
 $\frac{1}{3}$ cup buttermilk
2 large eggs
 $\frac{3}{4}$ cup light brown sugar
2 cups finely grated carrots (4-5 carrots)

Preparation:

- Preheat oven to 350
- Line a standard muffin tin with paper cups
- Whisk flours, wheat germ, cinnamon, baking powder, baking soda, and salt in a bowl. Whisk remaining ingredients in a separate bowl. Fold dry ingredients into wet and mix until just combined
- Spoon batter into cups
- Bake until a toothpick inserted in the center of a muffin comes out clean, about 22 minutes
- Cool in pan for 15 minutes, then transfer to a wire rack to cool slightly before serving