



**Elliott Evans Nutrition, LLC**  
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