INGREDIENTS

1 cup whole wheat pastry flour
¾ cup whole wheat flour
½ cup sugar
1 ½ teaspoon ground cinnamon
¼ teaspoon freshly grated nutmeg
¼ teaspoon ground ginger
¼ teaspoon ground allspice
¼ teaspoon ground cloves
2 teaspoons baking powder
¾ teaspoon baking soda
½ teaspoon salt
¾ cups plain yogurt
4 tablespoons melted unsalted butter
1 large egg
½ teaspoon vanilla extract
2 cups peeled, shredded carrots
(about 5 medium carrots)

These muffins are delicious with homemade honey butter (mix 4 tablespoons butter with 1 tablespoon honey).

METHOD

Preheat oven to 375°F. Grease a standard muffin tin (12 muffins) with butter or use paper muffin liners.

In a large bowl, stir together flour, sugar, spices, baking powder, baking soda, and salt; set aside.

In a separate bowl, whisk together yogurt, butter, vanilla and the egg. Make a well in the center of the dry ingredients and add yogurt mixture. Stir until just combined. Fold in carrots.

Spoon batter into prepared muffin cups. Bake muffins until a toothpick inserted in center of one comes out clean, about 20 - 30 minutes.

Transfer muffins to a cooling rack. Serve warm or at room temperature.