

# CARROT MUFFINS

## 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)

## 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.