



Muffin - Carrot

Makes: 20 muffins (80 g each)

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
3 cups	whole wheat flour	750 mL
2 tsp	baking soda	10 mL
2 tsp	baking powder	10 mL
½ tsp	cinnamon, ground	2 mL
½ cup	sugar	125 mL
½ cup	vegetable oil	125 mL
1 cup	yogurt, plain	250 mL
4	eggs, beaten	4
2 tsp	vanilla	10 mL
3 cups	carrots, shredded	750 mL

Instructions

1. Preheat oven to 350°F (180°C).
2. In a large bowl, mix together flour, baking soda, baking powder, cinnamon, and sugar.
3. In another bowl, combine oil, yogurt, eggs, and vanilla.
4. Add wet ingredients to dry ingredients. Stir until just combined. Fold in carrots.
5. Divide batter between greased/lined muffin tins.
6. Bake for 15 - 20 minutes until golden.

Nutrition Information

Serving ½ muffin (40 g)

Calories 90

Fat 4.5 g

Saturated 0.5 g

+ Trans 0 g

Sodium 95 mg

Carbohydrates 11 g

Fibre 1 g

Sugars 3 g

Protein 3 g

Calcium 30 mg

Iron 0.5 mg

Food Guide Servings

¼ Vegetable & Fruit

½ Grain Product

