

Skinny Carrot Cake Muffins

Author: Dara

Recipe type: Breakfast

Prep time: 10 mins Cook time: 20 mins Total time: 30 mins

Serves: 12

Ingredients

- 1.25 cups white flour
- 1.25 cups wheat flour
- 1/3 cup brown sugar
- 1 tsp baking soda
- 2 tsp baking powder
- 1 tsp salt
- 1.5 tsp cinnamon
- 1 tsp nutmeg
- 1/2 tsp allspice
- 2 eggs, lightly beaten
- 1 tbsp vanilla extract
- 1/2 cup unsweetened applesauce
- 1/4 cup olive oil (or canola oil)
- 1/2 cup almond milk (or skim milk)
- 2 cup shredded carrots (approx 4-5 carrots, peeled and shredded)
- 1/3 cup unsweetened raisins
- 1/4 cup chopped walnuts
- cooking spray

Instructions

1. Preheat oven to 375
2. In a large bowl, combine flours, baking soda, baking powder, salt, cinnamon, allspice and nutmeg, set aside
3. In another bowl, whisk together eggs, vanilla, applesauce, oil, and milk until frothy
4. Add carrots, raisins and walnuts to wet mixture
5. Create a well in the dry ingredients and pour in the wet mixture
6. Using a rubber spatula, fold dry into wet ingredients. Be careful not to overmix
7. Carefully spoon muffin mixture into greased muffin tin
8. Bake for 20 minutes and allow to cool

Recipe by Generation Y Foodie at <http://www.generationyfoodie.com/2013/03/skinny-carrot-cake-muffins.html>