

## Carrot Muffins

*These delicious, moist muffins can easily be made using Canadian, flour, oil, carrots, apple sauce and local raisins and eggs.*

### Ingredients

- 1 cup raisins softened in 2 cups warm water and drained
- 1 cup all-purpose unbleached flour
- 1 cup whole wheat flour
- 1 tablespoon baking powder
- 1 ½ teaspoons baking soda
- 1 ½ teaspoons ground cinnamon
- 1 teaspoon pumpkin spice (optional)
- 2 eggs
- ¼ cup milk or plant based milk
- 1/3 cup vegetable oil
- 2/3 cup apple sauce
- ¾ cup brown sugar
- 3 cups grated carrots
- Optional: Want more protein? Add 3/4 cup of chopped and toasted nuts

### Directions

1. Combine raisins and warm water in a small bowl. Soak for 15 minutes. Drain raisins discard water and set raisins aside.
2. Preheat oven to 350 degrees F. Grease muffin tins
3. In a large bowl put together flour, baking soda, powder, cinnamon and pumpkin spice.
4. In a separate bowl, combine eggs, oil, brown sugar, milk, apple sauce; beat well.
5. Combine egg mixture and flour mixture; mix just until moistened (if still a little dry add ¼ cup more apple sauce). Fold in carrots and drained raisins. Spoon into greased muffin tins.
6. Bake in preheated oven for 20 minutes (15 minutes for mini muffin tin)

Makes about 18 medium size muffins.

ENJOY!

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