



# Carrot Muffins

Prep Time: 15 mins Cook Time: 20 min Serves: 18

## Ingredients:

- 1  $\frac{2}{3}$  cup whole wheat flour
- 1  $\frac{1}{2}$  tsp baking soda
- $\frac{1}{2}$  tsp salt
- 2 tsp ground cinnamon
- $\frac{1}{4}$  cup olive oil
- $\frac{1}{2}$  cup honey
- $\frac{1}{2}$  cup unsweetened apple sauce
- 2 eggs
- 1 tsp pure vanilla extract
- 1  $\frac{3}{4}$  cups finely grated carrots
- 2 tsp fresh ginger, grated (or  $\frac{3}{4}$  tsp powdered ginger)

## Instructions:

1. Preheat oven to 350°F.
2. Line a muffin tin with paper liners.
3. In a large bowl, combine flour, baking soda, salt, and cinnamon.
4. In a separate bowl combine olive oil, honey, apple sauce, eggs, vanilla extract, carrots, and ginger. Stir to combine.
5. Add the wet ingredients to the dry ingredients and stir just until mixture is combined. Be careful not to over mix.
6. Fill the muffin tins about half way with the batter.
7. Bake for approximately 15-20 minutes until the top springs back when you touch it, and a toothpick or butter knife inserted into the center comes out clean.

