

Healthy Carrot cake muffins

These carrot cake muffins are healthy and delicious. You can eat them for breakfast, with lunch or for snack. This recipe makes 12 mouth-watering muffins. You can serve these muffins warm or cold, whichever you or your guest prefer is just fine. You can even add whatever sweet spices you like to this recipe to make it your own. However we think cinnamon and a little nutmeg works wonders on these muffins alone.



Ingredients:

- 1 cup white Self-Rising flour
- 1 cup whole grain Self-Rising flour
- $\frac{1}{2}$ teaspoon baking soda
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon nutmeg
- 2 grated carrots
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{2}$ cup chopped walnuts

2 eggs

2 tablespoons oil

1 cup low-fat milk

Directions:

Preheat oven to 390f and grease muffin tray with spray. Combine in a large bowl the flours, baking soda, cinnamon, and nutmeg. Add the grated carrots to the flour mixture. Add brown sugar and walnuts to the flour mixture. In a separate bowl beat the eggs, milk, and oil together. Add the egg mixture to the flour mixture. Mix the ingredients until they are well combined. Spoon the mixture into the muffin pan. Bake the muffins on the top oven shelf for 20 minutes or until they are cooked. Serve warm or cold.

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