**Carrot Muffins**

By Mairead Kelly on March 07, 2004



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* timer
* **Prep Time:** 20 mins
* **Total Time:** 40 mins
* **Serves:** 12, **Yield:** 12 muffins

**About This Recipe**

"I've tried many variations of carrot muffins, and these are by far the best! They aren't too sweet, they have the perfect amount of carrots in them, they stay moist, and they're good for you!!!"

**Ingredients**

* + 1 eggs
  + 3/4 cup orange juice
  + 1/2 cup melted margarine
  + 1/2 cup sugar
  + 1 cup white flour
  + 1 cup whole wheat flour
  + 1 teaspoon baking powder
  + 1/2 teaspoon baking soda
  + 1/2 teaspoon salt
  + 1 teaspoon cinnamon ( more or less to taste)
  + 2 cups shredded carrots

**Directions**

1. Beat egg lightly in large bowl.
2. Add orange juice, margarine, and sugar, beat well.
3. Sift together dry ingredients.
4. Stir into egg mixture, mix only till moistened.
5. Gently fold in shredded carrots (I shred the carrots in my food processor).
6. Spoon into well greased muffin pans about 2/3 full.
7. Bake for 15-20 minutes at 400 degrees.

Page 2 of 2Carrot Muffins (cont.)

**Nutrition Facts**

Serving Size: 1 (75 g)

Servings Per Recipe: 12

Amount Per Serving % Daily Value

Calories 160.4

Calories from Fat 41 25%

Total Fat 4.6g 7%

Saturated Fat 0.9g 4%

Cholesterol 15.5mg 5%

Sodium 245.3mg 10%

Total Carbohydrate 27.4g 9%

Dietary Fiber 2.1g 8%

Sugars 10.7 g 42%

Protein 3.2g 6%

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