

Carrot Muffins from mix



Nutrition in disguise

- Carrots add flavour and texture to this recipe.
- Like other colourful fruits and vegetables, carrots provide antioxidants.
- Antioxidants may help to prevent heart disease and cancer.
- Shredded carrots can be stored in the freezer.

Nutrition facts

Serving size: 1 muffin

Calories: 203 kcal

Protein: 5 g

Carbohydrates: 36 g

Vitamin A: 92 Retinol Equivalent

Makes 12 muffins

Ingredients

½ of a 900 g package of
bran muffin mix (3 cups)
2 Tbsp wheat germ
1 cup grated carrots
1½ tsp orange zest
¼ tsp ground nutmeg
¼ tsp ground cloves
½ tsp ground turmeric
1 tsp ground cinnamon
1 cup orange juice (no pulp)

Directions

1. Preheat oven to 375°F.
2. Grease standard muffin pan.
3. Mix together muffin mix, wheat germ, carrots, orange zest, nutmeg, cloves, turmeric, and cinnamon.
4. Add orange juice.
5. Mix until moistened.
6. Fill muffin cups 2/3 full with batter.
7. Bake for 25-30 minutes.
8. Serve warm or wrap and refrigerate.



Carrot Muffins from scratch



Nutrition in disguise

- Carrots add flavour and texture to this recipe.
- Like other colourful fruits and vegetables, carrots provide antioxidants.
- Antioxidants may help to prevent heart disease and cancer.
- Shredded carrots can be stored in the freezer.

Nutrition facts

Serving size: 1 muffin

Calories: 118 kcal

Protein: 3 g

Carbohydrates: 25 g

Vitamin A: 84 Retinol Equivalent

Ingredients

- 1 cup orange juice (no pulp)
- 1 egg
- 1½ tsp orange zest
- 1 cup grated carrot
- 1 cup all-purpose flour
- ½ cup brown sugar
- 1 Tbsp baking powder
- ½ tsp salt
- ¼ tsp ground nutmeg
- ¼ tsp ground cloves
- ½ tsp ground turmeric
- 1 tsp ground cinnamon
- 2 Tbsp wheat germ

Directions

1. Preheat oven to 375°F.
2. Grease standard muffin pan.
3. Whisk orange juice and egg.
4. Soak bran in orange juice mixture for 5 minutes.
5. Add orange zest and grated carrot.
6. In a separate bowl, mix flour, sugar, baking powder, salt, nutmeg, cloves, turmeric, cinnamon, and wheat germ.
7. Add wet mixture to the dry ingredients. Mix until moistened.
8. Fill muffin cups 2/3 full with batter.
9. Bake for 25-30 minutes.
10. Serve warm or wrap and refrigerate.

