



Carrot Bran Muffins

Makes 24 mini muffins

Preparation time: 10 minutes

Cooking time: 15 to 20 minutes

Preheat oven to 400°F (200°C)

Common allergens: milk, egg, wheat

Equipment List

- Large bowl
- Medium bowl
- Mixing Spoon
- Measuring cups and spoons
- One 24-cup mini muffin tin, greased or paper-lined

Nutrition Information

Calories	83 calories
Total Fat	3 g
Carbohydrate	14 g
Fibre	2.5 g
Protein	2 g

What You Need

INGREDIENTS	AMOUNTS	METRIC
Whole wheat flour	1 ¼ cups	300 mL
High-fibre bran cereal	1 ¼ cups	300 mL
Baking powder	1 tsp.	5 mL
Baking soda	1 tsp.	5 mL
Ground cinnamon	1 tsp.	5 mL
Ground nutmeg	½ tsp.	2 mL
Salt	½ tsp.	2 mL
Eggs	2	2
Carrots, grated	1 cup	500 mL
Buttermilk (see Tip for Unavailable Ingredients)	¾ cup	175 mL
Brown sugar, packed	1/3 cup	80 mL
Olive or canola oil	¼ cup	60 mL
Raisins	½ cup	125 mL

Instructions

1. In a large bowl, combine flour, cereal, baking powder, baking soda, cinnamon, nutmeg and salt.
2. In a separate bowl, beat eggs thoroughly. Blend in carrots, buttermilk, brown sugar and oil. Add to dry ingredients, stirring just until moistened. Stir in raisins.
3. Spoon batter into greased or paper-lined muffin cups, filling about three-quarters full. Bake in preheated oven for 20 minutes or until tops of muffins spring back when lightly touched.

Tip: *Sour milk can be used instead of buttermilk. To prepare, combine 1 tbsp. (45 mL) lemon juice or vinegar with 1 ¼ cups (300 mL) milk and let stand for 5 minutes.*

Recipe taken from Bake Better Bites