

Judy Hopp's CARROT MUFFINS



PREP
10 Min
COOK
30 Min
MAKES
12

START the workweek by baking a batch of these portable cakes you can pack to satisfy late-morning **MUNCHIES** or snack on later in the day. Coarse sugar makes their tops **IRRESISTIBLY** crunchy (and decadent!), but you can skip it and they'll still be plenty **SWEET**.

INGREDIENTS

1½ cups flour
1½ teaspoons baking powder
¾ cup dark brown sugar, packed
1 teaspoon ground cinnamon
¼ teaspoon kosher salt
½ cup whole milk
2 eggs, room temperature
½ cup coconut oil, melted and cooled slightly
2 tablespoons orange juice
1½ teaspoons vanilla essence
1½ cups shredded carrots (about 3 medium)
¾ cup walnuts, chopped
Granulated sugar, for topping (optional)

DIRECTIONS

① Heat the oven to 190°C and line a muffin tin with paper liners. In a large bowl, whisk together the flour, baking powder, brown sugar, cinnamon and salt. In another bowl, whisk together the milk, eggs, oil, orange juice and vanilla. Add the milk mixture to the dry ingredients and stir to combine. Fold in the carrots and walnuts.

② Evenly divide the batter among the prepared muffin wells. If using granulated sugar, sprinkle it over the batter. Bake until a toothpick inserted in the centre of a muffin comes out clean, about 25 minutes. Let cool in the pan for 5 minutes, then transfer to a rack to cool completely.



© Disney

