

Heat oven to 350° and insert muffin liners into muffin tin

Ingredients

- 1 Cup all-purpose flour
- 1/2 Cup whole wheat flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 Cup olive oil
- 1/2 Cup Greek yogurt
- 1 Cup grated carrots
- 1 Cup maple syrup
- 2 eggs
- 1 Tablespoon vanilla
- *Optional: minced ginger and/or dried fruit such as raisins or cranberries

Directions

1. In a large mixing bowl, mix together all-purpose flour, whole wheat flour, baking powder, baking soda, salt, and cinnamon.
2. In a medium mixing bowl, whisk together olive oil, Greek yogurt, carrots, maple syrup, Eggs, and vanilla.
3. Pour wet ingredients into dry ingredients. Stir until blended.
4. Mix in optional ingredients of your choice.
5. Pour the batter into muffin tins and bake in the oven for 10 to 15 minutes.
6. Serve and enjoy!

Nutrition Facts

Food Group: Good Grains and Starch

1. Good grains sources and their benefits:

- Sources:
 - Amaranth, buckwheat, bulgar, cornmeal, farro, millet, oats, quinoa, rice, rye, sorghum, triticale, wild rice, and whole corn.
- Grains are rich in nutrients:
 - Protein, fiber, folate, B-vitamins, anti-oxidants and trace minerals (copper, iron, magnesium and zinc).
- Reduce the risk of heart disease, Type 2 Diabetes, obesity, stroke, and some forms of cancer.

2. Eat a carrot muffin for breakfast, lunch, snack or dessert.

3. Feel free to sub whole wheat flour for the all-purpose flour

4. Wheat germ is a great substitute for whole wheat flour