

Cinnamon Carrot Muffins

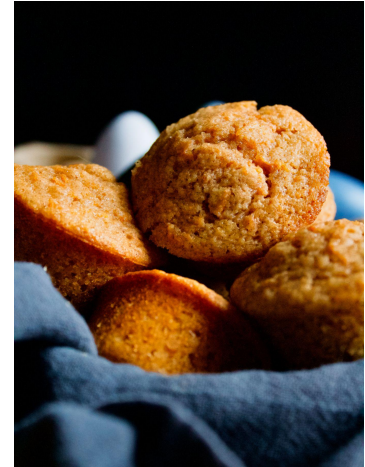
Poetry & Pies

prep time: 10-15 minutes

bake time: 20-25 minutes

total time: 40 minutes

servings: 8-10 muffins



Ingredients

- $\frac{3}{4}$ cup plus 2 tablespoons (119g) whole wheat flour, spooned and leveled
- 1 teaspoon (4g) baking powder
- $\frac{1}{4}$ teaspoon (1g) fine ground sea salt
- 1 teaspoon (4g) [ground cinnamon](#)
- $\frac{1}{4}$ cup (about 75g) unsweetened applesauce
- $\frac{1}{4}$ cup (80g) whole milk, room temperature
- 1 large egg, room temperature
- $\frac{1}{2}$ tablespoon (6g) [pure vanilla extract](#)
- $\frac{1}{4}$ cup (60g) avocado, cottonseed, or vegetable oil
- $\frac{2}{3}$ cup (133g) granulated sugar
- $\frac{1}{2}$ cup (about 180g) finely grated carrot, slightly packed

Instructions

1. Peel and grate the carrot. I used the smallest [cheese grater](#) I have (not the kind that's like a zester). For $\frac{1}{2}$ cup I used about 2 medium carrots.
2. Preheat your oven to 350F/175C. Line 8-10 wells of a [muffin pan](#) with liners (or you can simply spray each well lightly with [baking spray](#) and skip the liners).
3. Using a [large fine mesh sieve](#), sift then whisk together the flour, baking powder, salt, and cinnamon. Set aside.

4. In a large bowl, whisk together the applesauce, milk, vanilla, eggs, and oil until very well combined.
5. Add the sugar to the wet ingredients and whisk for about 1 minute, until the sugar looks partially dissolved. You can whisk it by hand or, if using a stand or hand mixer, mix on medium.
6. Using a wooden spoon or rubber spatula, stir in the carrot until fully combined.
7. Add the flour mixture and fold in gently until just combined. *(If you're unsure what folding means, you basically run a rubber spatula along the edge an entire turn around the bowl the pull the spatula toward the middle once you've come fully around the bowl, "folding" the batter on the edge into the middle part.)*
8. Fill each muffin tin about $\frac{3}{4}$ or so full with batter.
9. Bake for 20-25 minutes, until the tops of each muffin have rounded slightly and a toothpick inserted in one of the middle muffins comes out with some moist crumbs. Check early so they don't over bake—each oven is different. Let cool in pan 5-10 minutes. Remove and serve warm.

Enjoy with your morning coffee!

Cover leftovers and store on the counter 2-3 days.