



Gammy's House Recipes

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Spiced Carrot Muffins- Makes 12

Prep: 10 minutes Total: 45 minutes
Martha Stewart Living 2007

Keep a batch of unbaked muffins in the freezer, and you'll always have breakfast or an afternoon snack ready for the oven; there's no need to thaw. The batter goes in the paper-lined muffin tin, then into the freezer. Once frozen, the individual cups can be transferred to plastic storage bags. Be sure to bake the batter in a muffin tin, though, to give the muffins shape.

Ingredients

- 1 3/4 cups all-purpose flour
- 3/4 cup sugar
- 2 teaspoons pumpkin-pie spice
- 2 teaspoons baking powder
- 3/4 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 cup plain low-fat yogurt
- 4 tablespoons unsalted butter, melted
- 1 large egg
- 2 1/2 cups shredded (about 5 medium) carrots

Directions

- Line twelve cups (each 2 1/2 inches wide) of a standard muffin tin with paper liners; set aside. In a large bowl, stir together flour, sugar, pumpkin-pie spice, baking powder, baking soda, and salt; set aside.
- In another bowl, whisk together yogurt, butter, and eggs. Make a well in the center of the flour mixture, and add yogurt mixture. Stir until just combined. Fold in carrots.
- Spoon batter into prepared muffin cups. (If desired, muffins can be baked immediately in a 375 degrees oven for about 20 minutes.) Freeze until firm, about 30 minutes, then cover tin with plastic wrap, and freeze until ready to bake, up to 3 months.
- Preheat oven to 375 degrees. Bake muffins (still frozen) until a toothpick inserted in center of one comes out clean, about 30 minutes. Transfer to a rack. Serve warm or at room temperature.