



carrot muffins

1 egg
1 cup orange juice
¼ cup vegetable oil
½ cup sugar
2 cups flour
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
1 teaspoon cinnamon
1 teaspoon vanilla
2 cups finely
grated carrots

1. Beat the egg in a large bowl. Add orange juice, oil and sugar to bowl and mix together.
2. Add flour, baking powder, baking soda, salt, cinnamon and vanilla to egg mixture. Stir together.
3. Stir in grated carrots.
4. Spoon the batter into a muffin pan lined with baking cups. Fill each cup about ¾ full.
5. Bake in a 400° oven for 15 to 20 minutes.

Makes 12 muffins. One serving (1 muffin) has 172 calories, 5 gm fat, 262 mg sodium and 1 gm fiber.



© Nutrition Matters, Inc. All Rights Reserved.
This tipsheet can be reproduced for educational purposes.



carrot muffins

1 egg
1 cup orange juice
¼ cup vegetable oil
½ cup sugar
2 cups flour
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
1 teaspoon cinnamon
1 teaspoon vanilla
2 cups finely
grated carrots

1. Beat the egg in a large bowl. Add orange juice, oil and sugar to bowl and mix together.
2. Add flour, baking powder, baking soda, salt, cinnamon and vanilla to egg mixture. Stir together.
3. Stir in grated carrots.
4. Spoon the batter into a muffin pan lined with baking cups. Fill each cup about ¾ full.
5. Bake in a 400° oven for 15 to 20 minutes.

Makes 12 muffins. One serving (1 muffin) has 172 calories, 5 gm fat, 262 mg sodium and 1 gm fiber.



© Nutrition Matters, Inc. All Rights Reserved.
This tipsheet can be reproduced for educational purposes.