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## Carrot Apple Nut Muffins

Thu, 10/28/2010 - 04:16 -- Roger Doiron

Introduction:

Bright orange carrots, sweet apples and crunchy nuts come together in this sunny-looking, morning muffin. It tastes so good that you'll want to plant an extra row of carrots next year.

Preparation:

Preheat oven to 350 degrees Fahrenheit. Grease muffin cups or insert liners, if using. Peel and finely grate the carrots and apple, setting aside for later. In a large bowl, whisk together the flour, sugar, baking soda, baking powder, salt and ground cinnamon. Stir in the nuts. Set aside. In a separate bowl, whisk together the eggs, oil, ginger and vanilla extract. Fold the wet ingredients and the grated carrot and apple into the flour mixture, stirring just until moistened. Divide the batter evenly between the prepared muffin cups and bake for 20 to 25 minutes or until a toothpick inserted in the center comes out clean. Remove from oven and let cool on a wire rack.

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Recipe Type:

[breakfast foods](#) [3]

Ingredients:

- 1/2 cup walnuts or pecans, chopped
- 2 cups raw carrots (about 2 or 3 carrots)
- 1 large apple
- 2 cups all-purpose flour (you can also use 1 cup white and 1 cup wheat)
- 1 cup sugar (brown, white or a combination- you can also replace some of the sugar with honey)
- 3/4 tsp baking soda
- 1 1/2 tsp baking powder
- 1/2 tsp salt
- 1/2 tsp ground cinnamon

- 3 large eggs
- 3/4 cup vegetable oil
- 1/2 tsp fresh ginger, grated
- 1 tsp pure vanilla extract

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[2] <http://kgi.org/crops/carrot>

[3] <http://kgi.org/recipe-type/breakfast-foods>