

# Easy Carrot Cake Muffins

## Ingredients

### Dry Ingredients

1 cup all-purpose flour  
1/2 cup oats  
2 tsp. baking powder  
1 tsp cinnamon  
1/2 tsp salt  
1/4 tsp. nutmeg

### Wet Ingredients

3/4 cup milk  
1/2 cup oil  
1/2 cup sugar  
1/4 cup applesauce  
1 Tbsp. apple cider vinegar or lemon juice  
1 tsp vanilla extract  
1 cups peeled and grated carrots (about 2 medium carrots)



## Directions

1. Preheat your oven to 400F (200C). Line 12 wells of a muffin pan (or 24 mini muffins) with paper liners or lightly grease the pan.
2. In a large bowl whisk together all the dry ingredients.
3. In a medium bowl mix together the wet ingredients.
4. Pour the wet carrot mixture into the dry ingredients bowl and stir until just combined. Don't overmix, lumps are totally cool. Overmixing can result in the muffins not rising properly.
5. Divide the batter evenly among the prepared muffin tin.
6. Bake 18 to 25 minutes until lightly golden on top and a toothpick inserted into the center comes out clean. Let cool in the pan. Carrot muffins can be stored at room temperature for 3 - 4 days or frozen in an air-tight container.